# Pepper spray on OC Transpo bus lands 4 in hospital

metroNEWS

Ottawa metro

Your essential daily news | TUESDAY, NOVEMBER 24, 2015 | High 1°C/Low -4°C Mix of sun and cloud

START NOW!
Pre-Christmas slimdown
metroLIFE

Premier Kathleen Wynne, PM Justin Trudeau and Quebec Premier Philippe Couillard listen to a student's question during the First Ministers meeting in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

MEETING OF MINDS

metroNEWS

## Premiers join PM to set new tone on climate change

# All eyes on U of O yoga suspension

DEBATE

## Cultural appropriation controversy gains headlines

Haley Ritchie
Metro | Ottawa

A decision by the University of Ottawa's student association to cancel yoga classes because of cultural appropriation is sparking international debate.

The Ottawa Sun first reported on Friday that a free yoga class offered out of the Centre for Students with Disabilities at the university had been cancelled due to cultural concerns including "cultural genocide" in countries where the practice originated.

Romeo Ahimakin, the student association's acting president, clarified Monday that the centre wanted to "temporarily suspend the program," not cancel it entirely.

"They were put on hold to allow the service centre to do proper consultation," he said.

The controversy has been picked up by international media, including the Daily Mail, Washington Post, People Magazine and Time magazine.

Jennifer Scharf, who taught the class, told the Washington Post she was unhappy with the decision.

"This particular class was 'intro to beginners yoga,' because I'm very sensitive to this issue," Scharf told the newspaper. "I would never want anyone to think I was making some sort of spiritual claim other than the pure joy of being human that belongs to everyone."

On Monday, the university was quick to clarify that it was not responsible for the cancelled class.

The school's official Twitter account reminded the public that the student association is independent and the school still offers free yoga classes on campus.

**REFUGEES** Syrians' arrival and how it will affect Canadians • The single men left behind • metroNEWS

Coverage that works when you can't.
*RBC Simplified*® Disability Insurance.
• Top up your employer coverage. • Added coverage up to $1,500/month. • Apply in minutes. • Affordable premiums.
Apply now at rbcinsurance.com/works or call 1-866-255-8285

RBC | RBC Insurance

Underwritten by RBC Life Insurance Company. ® / ™ Trademark(s) of Royal Bank of Canada. Used under licence.

SPORTING life

# BLACK FRIDAY WEEK

## TUESDAY NOVEMBER 24 TO MONDAY NOVEMBER 30

DAY 2

### ICEBREAKER

*MEN'S, WOMEN'S & CHILDREN'S*

**20% OFF***

*Discount taken off the original price. Cannot be combined with any other offer. While supplies last.

### ARC'TERYX APPAREL & FOOTWEAR

*MEN'S & WOMEN'S*

**20% OFF***

*Prices as marked. While supplies last.

*ALL WEEK LONG!*

# WE PAY THE HST*

*ON ALL REGULAR PRICED APPAREL*

*FASHION, CASUAL, OUTERWEAR, SKIWEAR, SNOWBOARDWEAR, ATHLETICWEAR, AND ACCESSORIES.*

*Excludes Arc'teryx, Canada Goose, Canada Goose Black Label, Moncler, Moncler Grenoble, Mackage, Moose Knuckles, equipment & footwear. Discount of the tax equivalent will be applied at the time of purchase. See in store for full list of exclusions.

### ALL 2016 ADULT ALPINE SKIS AND ALPINE SKI BOOTS

**20% OFF***

*Excludes competition race equipment. Discount taken off current price. Not available at Bike & Boards location.

### NORDICA FIRE ARROW TEAM JUNIOR SKIS

*INSTALLED WITH BINDINGS*

**NOW $129.99**

*SKU 24620734. Prices as marked. While supplies last. Not available at all locations.

**HOLIDAY HOURS BEGIN ON SATURDAY NOVEMBER 28. VISIT WWW.SPORTINGLIFE.CA FOR MORE DETAILS.**

SPORTING life

A PROUD CANADIAN COMPANY SINCE 1979.

**LANSDOWNE PARK** 125 Marché Way, Ottawa, K1S 5J3, Tel: (613) 216-6000

*SHOP ONLINE 24/7 AT **SPORTINGLIFE.CA***

metro NEWS
Your essential daily news

Beloved among kids, Bunchems cause headaches for parents. **Business**

**Local musicians do their best impression of Kurt Cobain** last year during the I Can't Believe It's Not Nirvana concert. ERIC SCHARF/FOR METRO

# Rumours show highlights hits

MUSIC

## Concert will recreate classic Fleetwood Mac record

**Trevor Greenway**
For Metro | Ottawa

Jon Hynes loves spreading Rumours. But at least it's gossip most people have already heard — a lot.

Hynes and a handful of Ottawa super players have locked themselves away, as they study and learn every intricacy, every ebb, every detail, every swell, every progressing note that collectively make up the genius on one of the most popular records in history: Rumours, by Fleetwood Mac.

It's a record he's always wanted to play live — all the way back to when he was a kid and his mom used to throw it on while cleaning up the house.

"This album is a part of everyone's life in some fashion, which when you think about (it), is crazy," says Hynes, who has been planning to recreate Rumours live for about two years now. Flanked by some of Ottawa's finest musicians in The Acorn's Rolf Klausener, Mike Dubue and Pascal Delaquis of Hilotrons, Boyhood vocalist Caylie Runciman and Fevers' bassist Martin Charbonneau, the stars finally aligned to recreate hits like Dreams, The Chain and Go Your Own Way.

"We have the right people, we have the right venue, the timing is just right."

The venue for I Can't Believe It's Not Fleetwood Mac will be just as impressive as the performance — the acoustics swirl sonically at the St. Alban's Church, perfect for the many microscopic ebbs and flows that make up much of Rumours. Hynes knows this.

"It's going to fit this record, because I think the acoustics lend itself to a bit loud, but also if something is really quiet, you can just make it sing," adds Hynes.

> **This album is a part of everyone's life in some fashion.**
> Jon Hynes

"It's just the way the church sounds, it's an amazing venue."

Hynes has always tried to pair the record with the venue for his I Can't Believe It's Not series that, so far, has recreated The Strokes' Is This It at the Manx, Nirvana's Nevermind at Babylon and Paranoid by Black Sabbath at House of Targ.

All three have been packed to the brim with nostalgia-chasing, music-loving fans who all have some sort of personal connection to these important records that Hynes and his crew are helping us to never forget. He's seen flannel-clad rockers moshing to Smells Like Teen Spirit, metalhead millennials playing air guitar to Ironman and skinny-jean-wearing hipsters singing along harmoniously to Someday by The Strokes.

"We are bringing out all these different people who are big fans of various records and they come to see these shows and a lot of it is for nostalgia. It is for me, too," admits Hynes.

"They know what's coming up, they have this connection to a chorus or a verse and they are getting ready for the next song. It's just such a positive environment where you celebrate this record that's important to you."

The Rumours edition will be of equal quality. While advance tickets are gone for Dec. 3, there are still some available at the door and a few advance tickets left for the Dec. 4 show. But they will likely go quick, as people itch for their fix for Stevie Nicks.

And it's no surprise, really. The album is No. 8 on the all-time best-selling albums list, selling more than 40 million since its 1977 release. The album is a cross-genre masterpiece, filled with heartbreak, redemption and Dreams, wrapped in a diverse envelope of folk, rock and soulful Americana. And Hynes has assembled the perfect crew to pull this off.

CHEO CAMPAIGN

# Redblack fans win Cup tix

Emma Jackson
Metro | Ottawa

When the Ottawa Redblacks punched their ticket to the Grey Cup by winning a nail-biter of an East final this past Sunday, Michael and Elizabeth Moriarty could hardly believe their luck.

The retired couple had already won tickets to the Grey Cup game in Winnipeg through CHEO's Dream of a Lifetime fundraising campaign.

As if that wasn't exciting enough, now they'll get to cheer on the home team against the Edmonton Eskimos on Nov. 29.

"I was so happy, because I love football," Michael said. "It's a real treat to see Ottawa there."

It's never a guarantee CHEO's Grey Cup tickets will actually go to football fans, because every dream home ticket is entered in the draw. But it's hard to imagine more fitting winners than the Moriartys.

**4**

**Number of Grey Cup games Michael Moriarty has attended in person.**

The couple started attending Ottawa Rough Riders games back in the 1960s, when Russ Jackson and Ronnie Stewart were making legends of themselves and the team won three championship titles.

They made it to about six games this season, Michael said, but, until October, a Grey Cup run wasn't really on the radar.

"Not till later, about three-quarters of the way through (the season). The last month was fantastic," he said.

Ottawa beat the Hamilton Tiger-Cats in Sunday's eastern division final, 35-28, after a tense fourth quarter.

"When the fourth was tied 28-28 I was scared we didn't have a chance," said Michael, who watched from home. "But they pulled it off and it was unreal."

The Moriartys leave for Winnipeg Friday night to catch the championship game against Edmonton on Sunday. The prize includes airfare and accommodation, two tickets and a Redblacks jersey.

"We're both retired and we like football, so it's just perfect," Elizabeth said.

Tickets for CHEO's dream home grand prize are still available until Dec. 11 at dreamofalifetime.ca.

# Ottawa Hospital getting new dermatology centre

HEALTH CARE

## $3M facility will help fight growing issue of skin cancer

Haley Ritchie
Metro | Ottawa

With rates of skin cancer growing quickly and wait times not getting any shorter, the Ottawa Hospital is ready to build a new $3 million centre focused on skin cancer.

The announcement of the new centre comes after 18 months of fundraising and will be called the Dermatology Centre of Excellence. The new centre will concentrate the hospital's resources, making for quicker assessments and shorter waiting times.

"We worked closely with our dermatologists in planning a space that would work well for their patients," said Tim Kluke, president and CEO of the Ottawa Hospital Foundation.

"The issue of skin cancer is increasing with an aging demographic," he said.

> **We worked closely with our dermatologists in planning a space that would work well for their patients.**
> Tim Kluke, CEO of Ottawa Hospital Foundation

Despite the wide field of dermatology the clinic will have a special focus on cancer and improving access for patients. Early detection is crucial and skin cancers like melanoma have a very high success rate.

Former patients like Pete Richardson can attest to both getting tested early and the number of people involved in treatment.

Richardson was diagnosed with basal cell carcinoma five years ago after noticing a small scab on his face with reoccurring bleeding.

He saw his family doctor first, was referred to a dermatologist, and underwent surgery. When the cells returned, he went through a similar process, followed by radiation treatment with an oncologist.

"A lot of it felt effortless for me," said Richardson, despite the running around to multiple clinics. "From the time that the original biopsy was done to the surgery, it was around five months. It was a little long, but once I was in the system everything was very quick."

Kluke said the new clinic will provide faster assessments, shorter wait times, increased access, and dermatology research. He said the plan is to begin construction in spring 2016.

**COLLISION DRIVER INJURED IN ROLLOVER** Paramedics were called to a collision Monday on Highway 416 near West Hunt Club after a car rolled over. The Ottawa Paramedic Service says the driver suffered minor neck and back injuries, but is in stable condition. COURTESY OTTAWA PARAMEDIC SERVICE

POVERTY

# United Way tool helps low-income people survive

A field trip for your kid, or milk for the family?

These are the tough choices you make in poverty, and the United Way's new simulator is challenging residents to see if they can hack it below the line.

Make the Month asks users to make daily financial decisions on a low income, to see how far they can get before the money runs out. Along the way, the simulator offers facts about poverty in Ottawa and the local resources that can help.

It's clear throughout the exercise how the choices you make can have real emotional impacts. Whether you missed your favourite uncle's funeral or kept your child out of sports, the simulator lists everything you gave up to keep afloat.

United Way Ottawa president Michael Allen said the tool encourages neighbours to help each other.

"We're really trying to build the bridge between those who can offer help and those who need help," he said.

One in nine Ottawa residents live in poverty, and many others struggle to stay above the line.

Laura Dicaire knows this well. She's been a personal support worker for 11 years, but with all her extra hours, she's already approaching her 25-year pin. Still, it's not enough.

"I don't know how to live any cheaper than what I'm living," Dicaire said.

> **I don't know how to live any cheaper than what I'm living.**
> Laura Dicaire

Her husband has blood cancer and can't work. Her stepson also has cancer, and her mother and sister rely on her to help with groceries.

Her 20-year-old son helps when he can, but he's seasonal. Her daughter is just trying to get through high school. Dicaire's been working 60 hours a week, yet every month she falls further behind.

She recently cut to 50 hours to deal with her stepson's cancer, but the extra time has been more curse than blessing.

"I'm so far behind in my bills that I'm more stressed than before," she said. "I really can't afford to have a day off."

Try the simulator at makethemonth.ca.

EMMA JACKSON/METRO

# Better business bundles on our better network.

Fibe Business Bundles include more of the services and features that your business needs, for one totally affordable price. Plus, they are powered by our better network that is continually improving to offer you more speed, more service and more security, so you can do more and make more. Get the country's #1 Internet and phone service provider[1] working for your business today.

FROM $89.28/MO.
On a 36-month term

- Business Fibe Internet[2]
- Unlimited Internet usage and Bell Hub Wi-Fi modem
- Online security protection[3]
- Fully loaded Business Phone line[4]
- North American long distance talk time[5]

Call 1-866-655-4278 or visit bell.ca/businessbundles.

Bell your business just got better

Offer ends December 6, 2015. Available to new customers in Ontario where access and technology permit and where Business phone service is not CRTC regulated. Subject to change without notice and cannot be combined with any other offer. $200 Basic Bundle installation fee applies. Unlimited usage is subject to the Business Terms of Service; see bell.ca/businesstermsofservice. Taxes extra. Other conditions apply. Fibe is a trademark of Bell Canada. (1) Based on total number of subscribers. (2) Subject to a 3-yr. term. Early cancellation charges apply. Available with Internet download speeds of up to 10 Mbps and upload speeds of up to 1 Mbps. Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors; see bell.ca/businessinternet. (3) Includes 3 licenses of Internet protect. Subject to technical requirements; see bell.ca/internetprotect. (4) Includes: 1. Call Display, 2. Call Forwarding, 3. Call Waiting, 4. Speed Call, 5. Last Number Redial, 6. Per Call Blocking, 7. Hold, 8. Call Transfer, 9. 3-way Calling. (5) Includes 300 minutes. Applies to direct-dialled outbound calls to Canada and the continental U.S., incl. Alaska and Hawaii; excl. toll-free calls ($0.07/additional min.). Calls to certain conference or adult services or to high-cost areas may be restricted.

Justin Trudeau addresses the First Ministers meeting, their first formal summit with a prime minister in seven years, at the Canadian Museum of Nature in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

# Greening Canada's 'black eye'

ENVIRONMENT

## Premiers laud Trudeau's bid to finally shed pariah label

Premiers are confident the advent of new leadership in Ottawa and Alberta will allow Canada to shed its international reputation as an environmental pariah.

Arriving Monday for their first formal meeting with a prime minister in nearly seven years, premiers praised Justin Trudeau's willingness to take national leadership on the climate change file at next week's UN climate summit in Paris.

And they applauded Alberta Premier Rachel Notley for unveiling Sunday a climate strategy that includes a hard cap on greenhouse gas emissions from the oilsands, which have been labelled "dirty oil" by international critics, including U.S. President Barack Obama, and have become a symbol of Canada's alleged environmental neglect.

British Columbia Premier Christy Clark said the international focus on the oilsands has obscured measures provinces have been taking to combat climate change, including B.C.'s carbon tax which she labelled the best in the world.

"We have had a black eye for a long time on environmental issues and we have not deserved it," she said.

"But now we're getting a chance to show the world really what we've been doing all these years and I think they'll be a little bit surprised."

The first ministers meeting is not expected to produce any new national target for reducing emissions. It is aimed more at demonstrating a new tone in the run-up to the Paris summit. Within 90 days, Trudeau has promised to hold another formal first ministers conference to hammer out details of a national climate plan.

> **This is going to tell the world that we are doing a lot.**
> Christy Clark

Under previous prime minister Stephen Harper, Clark said Canada tended to "talk about economic growth more than the environment on the international stage."

"We're really lifting the curtain on Canada's success to show the world and we can only do that if we have a strong voice on the international stage," she said.

Moreover, having Alberta, the primary oil-producing province, on side in the fight against climate change "is going to tell the world that we really are doing a lot," Clark added. "It's really going to make a difference." Quebec Premier Philippe Couillard said Paris presents an opportunity to "rebrand" Canada.

"Our country needs a serious effort in rebranding on this theme of climate change," he said. "Not only are we an important producer of oil, we're also the third largest producer of hydro electricity in the world."

With Alberta's new plan added to measures already taken in B.C., Ontario and Quebec, Couillard added that almost 80 per cent of Canadians are now living in jurisdictions that have imposed a price on carbon.

While his fellow premiers waxed enthusiastic about Alberta's plan and Trudeau's willingness to collaborate, Saskatchewan's Brad Wall sounded the one note of caution. He noted that some 30,000 jobs have already been lost in the energy sector with the plunge in oil prices over the past year.

For his part, Trudeau offered no new details as he opened the public portion of the first ministers' gathering, quickly ceding the stage to Notley.

"Today we come together in our national capital for the first time in a very long time to speak the truth about climate change, to stop denying there is an issue and to begin doing our part instead," Notley said.

THE CANADIAN PRESS

TRAIN FOR A CAREER AS A
PHARMACY TECHNICIAN
Contact us today
613-722-7811
Did you know that a Pharmacy Technician is a regulated profession in Ontario?
ACCREDITED BY THE CANADIAN COUNCIL FOR ACCREDITATION OF PHARMACY PROGRAMS
The program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Long-Term Care Facility or a corporate/industrial environment.

ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

CRIME

## Pepper spraying injures four

Haley Ritchie
Metro | Ottawa

Four people ended up in hospital Monday afternoon after pepper spray was discharged in an Ottawa OC Transpo bus travelling in the city's east end.

Paramedics spokesperson J.P. Trottier said emergency response was called to the scene around 1:25 p.m. Six people, including a two-year-old, were assessed by paramedics for throat and eye irritation and shortness of breath.

The spraying incident happened on the rear end of an articulated bus, which quickly pulled over on Montreal Road near the Hwy. 174 onramp.

Trottier said people quickly disembarked after the incident. Ottawa Police spokesperson Cst. Marc Soucy said police are currently interviewing witnesses and have not caught a suspect. Soucy said pepper spray is illegal to own in the province and the person responsible could be charged with assault with a weapon.

Trottier said that while pepper spray can be dangerous, the four individuals were taken to hospital as a precaution.

"It can be dangerous to people with respiratory problems, including people with asthma," said Trottier. "It was just eyes, nose and throat. Very uncomfortable."

"The people at OC Transpo are going to have to clean that bus very well in order to remove that smell. It certainly lingers, he said. "You wouldn't want to be the next passenger smelling that tomorrow morning."

# TODAY ONLY!

## IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE*.

Tuesday, November 24

Save $130

$169.95

Regular $299.95

**NESPRESSO**

VertuoLine bundle with Aeroccino milk frother

Made in Switzerland.

Delicious regular cup coffee or espresso with crema at the touch of a button. All Nespresso capsules are made from the top 2% of the world's coffee beans. Available in Chrome, Red, Black, Silver, Titan and White.

Includes Aeroccino milk frother (a $99.95 value if purchased separately).

Plus, 25% off other coffee makers**

HUDSON'S BAY

**SAVE WITH 0% INTEREST FOR 6 MONTHS – NO ADMIN FEE**

On selected merchandise when you use your Hudson's Bay MasterCard® or your Hudson's Bay Credit Card.

Delivery charges and taxes are payable up front. Applicable on in store purchases only. On approved credit only. Minimum monthly payments required. See below for details.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection and Kleinfeld. See in store for details. **SPECIAL PAYMENT PLANS** are available on approved credit with your Hudson's Bay MasterCard or Hudson's Bay Credit Card on the identified items. Not applicable in Quebec. If you default under your payment terms or under your Hudson's Bay Account Agreement, then the terms and annual interest rate are set out therein. The billing period covered by each statement will be approximately 30 days. For full details call 1-800-263-2599 or see a store associate. Hudson's Bay, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved. ***FREE ONLINE SHIPPING**: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses. ****Coffee makers** exclude Nespresso and items with 95¢ price endings.

LAW ENFORCEMENT

# OPP launches holiday RIDE program

David Rider was a 16-year-old kid from Kanata, fresh out of Grade 11, when he lost his life to an impaired driver on Highway 7.

Four other people died in that four-car collision in June 1999. They were all friends, including the driver, who the Ontario Provincial Police charged with impaired driving for smoking marijuana before getting behind the wheel.

More than 16 years later, Rider's mother Barbara and older sister Kelly were out launching the OPP's Festive Reduce Impaired Driving Everywhere (RIDE) program in Kanata on Monday to remind drivers to not drive impaired. "We just don't want anyone to go through what we've been through," said Kelly, who tears up while talking about her little brother.

"For years we had to deal with going to court, the trauma that we had to go through with the initial accident, burying my brother. I was only 20 when it happened. It was tough."

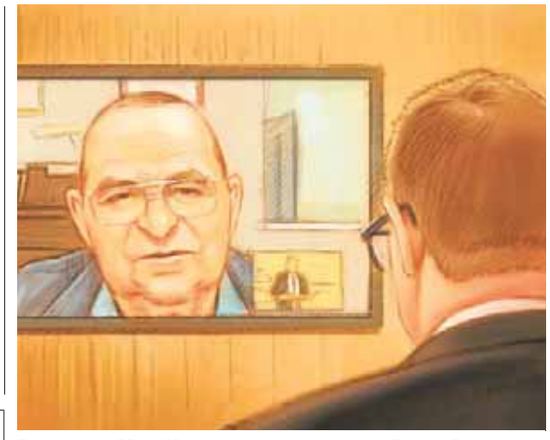
She is urging drivers to plan ahead as the holiday travel season approaches to prevent other families experiencing the same tragedy. There has been a three per cent increase in the number of alcohol-related incidents on Ontario roads from January to October compared to last year, according to the OPP. And among the 258 fatal collision so far across the province, police say, 35 deaths were attributed to alcohol consumption.

Supt. Daniel Redmond, head of the OPP in the East Region, said drunk driving cases have started to decline, but cases of driving while impaired by marijuana are becoming more common.

The OPP are setting up traffic stops around Ontario for the duration of the campaign, which runs from Nov. 23 to Jan. 2, 2016.

JOE LOFARO/METRO OTTAWA

Supercharge your savings.
Accelerate your savings with 1.75%* interest on new deposits into select accounts for a limited time.
1.75%
Talk to an advisor today.
cibc.com/savings • at a branch • 1 888 490-2422
#FitsYourLife
Banking that fits your life.
CIBC
*Combined bonus and regular annual interest rate paid on net new deposits made to a CIBC eAdvantage® Savings Account ("eSA"), CIBC TFSA Tax Advantage Savings Account® and/or CIBC RRSP Daily Interest Savings Account. Bonus and/or regular rates may change at any time without notice. All interest rates are calculated daily and paid monthly; however, on the eSA, regular interest is earned only on days when the account's closing balance is $5,000 or more. Bonus interest on the eSA is earned until Feb 29/16 and only on days when net new deposits exceed the closing balance as of Oct 30/15. Bonus interest on the other accounts is earned until Mar 31/16 and only on days when net new deposits exceed the closing balance as of Nov 1/15. Other conditions apply. ®Registered trademark of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

**Prosecutor Mark Holmes (right) looks on as Gerald Donahue testifies via video in an artist's sketch at the Mike Duffy trial in Ottawa on Monday.** GREG BANNING/THE CANADIAN PRESS

# Duffy friend sheds light on contracts

TRIAL

## Donohue seen as getting $20K for Googling and phone calls

Was Gerald Donohue an unqualified consultant who made roughly $20,000 for using Google, talking to Sen. Mike Duffy on the phone and cutting cheques to sub-contractors?

Or was the ailing Ottawa-area man a well-meaning, highly experienced former union and broadcasting executive who was executing legitimate Senate contracts?

Those are the two pictures emerging at Duffy's fraud, breach of trust and bribery trial, which has waited seven months to hear the details of the unusual Senate contracts with Donohue.

He suffers from failing kidneys, heart failure and diabetes and can only testify for a few hours a day, a few times a week, via video link.

Six of the 31 charges against Duffy are linked to $65,000 in Senate contracts awarded to Donohue between 2009 and 2012. Donohue paid out tens of thousands of dollars to service providers who did work for Duffy — such as a makeup artist, speech writers and an intern.

Donohue testified that his company kept between $19,000 and $22,000 — he wasn't exactly sure of the amount. He said he did some research on the Internet on the aging population for Duffy and would give the senator his opinion on things like website content and the proper length of a speech. He never set foot on Parliament Hill.

The defence has taken the position that Duffy's way of handing out Senate contracts may have been unorthodox, but was not criminal — all the firms and individuals involved performed services for real Senate business.

Defence lawyer Donald Bayne began his cross-examination of Donohue Monday, emphasizing that years of treatments and medication have impacted the man's memory.

THE CANADIAN PRESS

## IN BRIEF

**Rare diseases get spotlight in private members' motion**

A Progressive Conservative MPP is calling for a provincial all-party committee to look at the treatment of rare diseases. Michael Harris says people who suffer from rare diseases have endless hurdles, from getting a correct diagnosis, to specialist referrals, to medication and out-of-country treatment.

He will be introducing a private member's motion in the new year to strike a committee to tour the province, hearing from experts and people with rare diseases in order to develop a strategy. The Liberal government has not yet said if it will be supporting Harris' motion.

THE CANADIAN PRESS

# 66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

## New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping $5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

## Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good deals in U.S. property?" The answer is an emphatic YES.

***Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.***

Real estate investors on the Turnkey Trainings team know the right way to buy property. No matter what the economy is doing. Using their proprietary techniques, you too can find screaming bargains in the U.S.

They will reveal these breakthrough strategies at the FREE events in the Ottawa area. When you attend you'll see many successful current and former and students who made a bundle in U.S. real estate.

The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

Another Canadian couple found and flipped a property in 2 weeks to pocket a cool $40,000! Imagine if you could do that just a couple of times a year.

You can if you gain the knowledge. You will after attending this FREE educational event where you will find out;

- Super simple method for getting sellers to chase you. The sellers of the trailer park mentioned above emailed and texted the buyers over 100 times! Hear the secret strategy to make sellers want to deal with you!
- How to get funding for your deals, so you never have to tie up your own money or use your credit! We'll give you a free funding certificate just for attending!
- How to beat the house flipping wizards by becoming a wholesaler to hedge funds
- New zero money down strategies! News to you no matter how many real estate seminars you may have attended!
- How to close property deals over the phone in 9 minutes or less

## A Blueprint for Profiting from Real Estate Safely

No matter how many real estate seminars you've attended. Or courses you've taken.

This FREE educational event shows you how to create real wealth... fast. The master's level secrets will make real estate investing seem like a steal.

You'll learn how to find real estate as much as 70% off, close discounted deals in minutes, and flip them in days or rent for passive income. No experience needed.

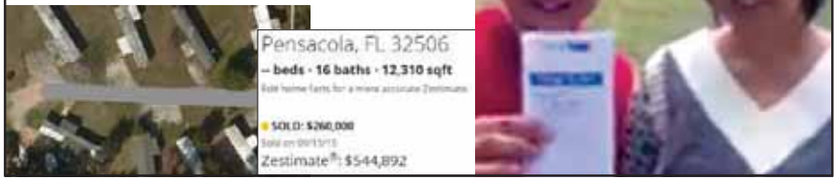
**These breakthrough strategies have closed 12,000 property deals in the last 15 years...**

**They've earned investors healthy returns, often in as little as 7 days...**

You can't afford to sit by while one of the greatest real estate opportunities in the U.S. roars by.

If you're serious about learning techniques that land you on profitable deal after deal... then attending this FREE educational event is a no-brainer.

**After attending the FREE workshop this couple bought an 13 unit trailer park in Florida for 50% off!**



## A FREE iPAD won at every session!

**You are entered into the drawing when you sign up and can only win if you attend!**

Claim your seat now and get a bonus gift, your **Million Dollar Investor Tool Kit for FREE!**

FREE $187 value

© 2015 Turnkey Trainings. All Rights Reserved. No properties will be offered at seminar. This is a FREE educational event. Some past attendees have gone on to make a lot of money. Your own results will be determined by your perseverance and adherence to the tools, tips and techniques given. This is not a business opportunity. No property will be offered. No accounting or legal advice will be given.

**This is a FREE educational event, reserve your seat now!**

## Register Now, Call Toll Free 1-844-685-4363 or www.RealEstateIncomeEvent.ca

**KANATA**
**MONDAY, NOVEMBER 30**
at 12 am or 6 pm
**Holiday Inn & Suites Ottawa Kanata**
101 Kanata Avenue, Ottawa, ON K2T 1E6

**WESTIN**
**TUESDAY, DECEMBER 1**
at 12 noon
**The Westin Ottawa**
11 Colonel By Dr, Rideau Centre, Ottawa, ON K1N 9H4

*ONLY TWO DAYS... DON'T MISS THIS FREE EVENT!*

TURNKEY TRAININGS

IMMIGRATION

## The group that's 'left behind'

Gilbert Ngabo
Metro | Toronto

Toronto refugee advocates are concerned the plan to resettle 25,000 Syrian refugees could leave behind the most vulnerable.

Government is reportedly working on fast-tracking only women, children and families, excluding any single male applicants. Details of the plan are scheduled to be released Tuesday, but it is believed the new measures stem from security concerns.

It is the only way to proceed given the "rushed" deadline pending over the Justin Trudeau government, following his promise during the campaign, said Toronto immigration lawyer Guidy Mamann.

"Children, women and families are a much lower-risk demographic than young men," he said, adding most recent terrorist attacks were "typically" carried out by young, single men.

> **When you decide to do something fast, you're not going to do it well.**
> Toronto immigration lawyer Guidy Mamann

The issue, however, is that this selection could disqualify male refugees "just because they happen to be single," said Mamann, who has provided legal assistance to refugees from around the world for nearly 30 years.

"When you decide to do something fast, you're not going to do it well," he said, adding the project was initially ill-conceived and is prone to be ill-executed.

"I have no doubt there will be millions of Syrian refugees left behind who are better qualified than the 25,000 we're taking in."

Samir Mourani, executive director of RefugeAid, said such a plan would be understandable if it was just about prioritizing family applicants. To completely freeze out single males is "unfortunate," he said.

"They could be extremely vulnerable. Maybe they are on disability or they are being persecuted for the wrong reasons," he said.

"That's not something they chose. It's a result of the conflict. It really shouldn't be based on marital status."

# All eyes turn to Canada's refugee resettlement plan

FUNDING

## Leaders look for answers on how to handle mass influx

The planned announcement Tuesday of how Canada will take in thousands of Syrian refugees will drive ongoing local, national and international efforts into high gear, a program that will extend far beyond the Liberals' self-imposed end-of-year deadline.

Syrians have been steadily arriving in Canada for months and some of them will count against the Liberal promise to resettle 25,000 people by Dec. 31 — a milestone the government is expected to say Tuesday it is unlikely to meet.

But what many are watching for alongside that is how the mass influx will be handled and who is going to pay for it.

On top of the logistical costs of getting that many people into Canada are the millions more it is going to require to look after their housing, health, education and integration requirements.

"Canadians are going to want to help and cost might not be at the top of their list of considerations but it should be on the list," said Saskatchewan Premier Brad Wall, in town Monday to meet the other premiers and Prime Minister Justin Trudeau.

> **Premiers and mayors are justifiably wondering how the federal government is going to pay for it.**
> NDP Leader Tom Mulcair

"We'll have to do some planning for that and we hope the federal government will be generous."

The costs are not entirely unknown; the Immigration department tells private sponsors, for example, that one person would cost a minimum of around $20,000 for the first 12 months to just cover basic needs.

Quebec Premier Phillipe Couillard said his government has already set aside funds for 3,600 people and said if the province is expected to take in a larger number, more money will be required.

"The federal government has indicated the money is there," he said.

The price tag on the Liberal program has been pegged at as much as $1.2 billion over the next six years, according to a document obtained last week by The Canadian Press.

The Liberal platform only booked $250 million for the program.

"Premiers and mayors are justifiably wondering how the federal government is going to pay for it," said NDP Leader Tom Mulcair.

Security screening is another element in the mix.

It was always a factor and even before the Nov. 13 attacks in France, planners had been looking at ways to mitigate concerns, including a focus on women, children and those who might already have ties to Canada. THE CANADIAN PRESS

Syrian refugee children play at a makeshift camp by **Taybeh village, in Lebanon's eastern Bekaa Valley,** where Doctors Without Borders (MSF) are offering family planning sessions. JOSEPH EID/AFP/GETTY IMAGES

VACANCY

## Newcomers won't threaten housing market: Experts

Those 25,000 people may sound like a lot of bodies to house, but by the time the Syrian refugees settle in permanent housing, no one would even notice, say housing and settlement experts.

In Ontario, for example, — which is expecting 10,000 Syrians — roughly 2,500 housing units would be required considering most refugees will come as families and live under one roof, according to University of Toronto urban planning professor David Hulchanski.

"Ontario has about 1.3 million rental housing units. The refugees will be in temporary housing (in military bases) and we'll have housing counselors to help them," said Hulchanski, who specializes in housing, neighbourhood and community planning issues.

Many Canadians may be struggling to find affordable housing — and the social housing waiting list is long, but it doesn't mean the arriving refugees cannot be accommodated in Canada's housing market, where the vacancy rate has increased to 3.3 per cent from 2.8 per cent a year ago.

**3.3%**

The Canadian housing market vacancy rate, which has increased from 2.8 per cent in 2014.

In Toronto alone, there are some 500,000 rental units on top of the 140,000 units in the 905 regions — making up almost 30 per cent of the 1.3 million rental stock in Ontario, Hulchanski said.

"We have a vacancy rate of about 2 per cent. Housing may not be cheap and it may be difficult for everybody to find a good, quality place. But the impact will be small," said Hulchanski. TORSTAR NEWS SERVICE

**DETAILS**

**How much space would 25,000 refugees fill?**

The number doesn't seem too daunting when compared to the capacity of some well-known sports and entertainment venues.

- 54,000: Rogers Centre
- 24,000: Tim Hortons Field
- 19,800: Air Canada Centre

TORSTAR NEWS SERVICE

# Supreme court sides with Trans Mountain

EXPANSION PROJECT

## Justice says city bylaws don't apply to pipeline

The Metro Vancouver city that pitted its bylaws against federal legislation in a bid to stop the expansion of the Trans Mountain pipeline has lost a key court case.

The City of Burnaby has fought plans to double the pipeline between Alberta and coastal B.C. and has tried to hamper planning for the expansion project through two separate bylaws.

But Trans Mountain challenged the city in court, arguing the bylaws conflicted with the National Energy Board Act.

In a ruling issued online, B.C. Supreme Court Justice George Macintosh agreed with Trans Mountain, saying the pipeline is situated, constructed and operated under the National Energy Board, which draws its authority from the act.

Burnaby, in the background behind an oil tank at the Trans Mountain Pipeline terminal in June. THE CANADIAN PRESS

He says the energy board has the constitutional power to direct or limit the city in enforcement of its bylaws if Burnaby interferes or blocks regulation of the project.

Macintosh has ruled Burnaby's bylaws don't apply to the pipeline planning and has also ordered the city to pay the company's court costs. THE CANADIAN PRESS

COURT

# Lobbyist gets house arrest, fine

A prominent Ottawa lobbyist and federal Liberal Party strategist has been sentenced to house arrest and fined $396,259 for tax evasion, the Canada Revenue Agency says.

Herb Metcalfe was given a conditional sentence of two years less a day, including 12 months house arrest, plus the fine, which equalled the taxes evaded.

Metcalfe is a co-founder of Capital Hill Group, a well-known lobbying firm. The firm said he has left the company.

"Herb is no longer involved with the Capital Hill Group or its operations," account manager Joanna Carey said in an email. "We continue to move ahead with business as usual.

Metcalfe pleaded guilty in the Ontario Court of Justice to a single count of tax evasion after a revenue agency investigation.

The court was told that Metcalfe received payments and benefits from 2002 to 2006 totalling $1,366,411 that he did not report on his personal income tax returns.

The revenue agency said Metcalfe prepared his returns each year by hand, and knew — or was wilfully blind to the fact — that the income he received was required to be reported on his returns and was taxable.

Metcalfe has long been a senior Liberal strategist and adviser and was prominent in the party's inner circle. THE CANADIAN PRESS

URBAN PLANET
PRE BLACK FRIDAY SALE
40% OFF ALL WINTER BOOTS
TODAY ONLY!
IN STORE AND AT
URBAN-PLANET.COM
Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

Who wouldn't love a gift from Harry?

We can safely guarantee a gift from Harry Rosen will bring a smile to any man's face. But the curious thing is this: shopping for that gift is also a pleasure. Our expert clothing advisors have hundreds of great ideas and will be delighted to gift wrap your purchase in one of our handsome, instantly recognizable boxes. Of course we have a generous return policy and there's always the option of a Harry Rosen gift card, perfect for men who love shopping for themselves. After 62 Christmases, we know the old saying is true – it really is the thought that counts; at Harry Rosen, we're delighted to be a part of your holiday.

HARRY ROSEN
HARRYROSEN.COM

RIDEAU CENTRE 613.230.7232

LOCKDOWN

# Web users get frisky with Belgian police

What police force would start playing along with a practical joke when the capital is facing its highest state of alert and its most-wanted fugitive is still on the run? Right! This is surreal Belgium.

Late Sunday, police asked people to stop commenting on ongoing raids in social media to avoid tipping off suspects.

En masse, they did more than that, becoming mischievous within minutes.

The hashtag #BrusselsLockdown suddenly shifted from serious to humorous, tweeting a flood of pictures of all-too-innocent cats in all kinds of situations — holding their paws up as if captured, posing as police snipers with automatic weapons, and ignoring police warnings to stay away from windows.

Within hours, federal prosecutor Eric Van Der Syp said police wanted to thank "social media users because they took the need of this operation into account."

**Belgian police posted a bowl of cat food to their Twitter account.** AFP/GETTY IMAGES

Police joined the party on Monday, posting a picture of a dish overflowing with dry cat food labelled "For the cats that came to our aid last evening. Serve yourself! #BrusselsLockdown." THE ASSOCIATED PRESS

## IN BRIEF

**U.S. attacks 283 ISIL oil trucks over weekend**

Accelerating its attacks on one of the Islamic State of Iraq and the Levant's most important sources of income, the U.S. military said Monday it destroyed 283 tanker trucks used by the militants to transport oil from producing fields in eastern Syria to smuggling points.

The attack by four A-10 attack planes and two AC-130 gunships was carried out Saturday at a site near Deir el-Zour and al-Hasakah but not reported until Monday. THE ASSOCIATED PRESS

**Putin visits Iran to discuss international peace plan**

Russia's President Vladimir Putin visited Tehran for talks with Iranian leaders that focused on the Syrian crisis and an international peace plan. THE ASSOCIATED PRESS

**Clarification regarding female bomber story**

The file photo of students in Tehran published with a story about female suicide bombers in Metro's weekend edition was taken in 2006. The published caption contained incomplete information.

# Brussels 'surreal' in wake of terror alert

BELGIUM

## Citizens trying to wrap heads around threat

Brussels is more accustomed to the toing and froing of European diplomats than to truckloads of soldiers patrolling the streets. Its stores and markets should be bustling in the runup to Christmas.

But three days of the highest terror alert and unprecedented measures that have closed down the city's subways, schools and main stores, has created a very different atmosphere as the Belgian capital tries to avoid attacks similar to the ones that caused devastating carnage in Paris.

"It's fitting since Belgium is the birthplace of surrealism but there is an otherworldly feeling here," said Jan Van Gent, a retired pharmaceutical manager. "This is like a Magritte painting, to see these soldiers in a nice town where they don't belong."

Others weren't convinced the government's actions were anything more than a PR move.

"They have a lot of attention on them now so they have to prove they're doing something, but I don't know how much difference this will make," said Maxime Legena, an IT technician. "We don't really know how big this threat is because the government hasn't said very much."

But he did appreciate one unintended side-effect of the attempts to shutter the city: "My drive to work was much faster today because there's nobody on the streets."

Brussels native Jacqueline Vander-Poelen, who lives near the city's Medieval Grand Place square, said the noise of police operations and reporters scurrying to cover them made for an annoying weekend.

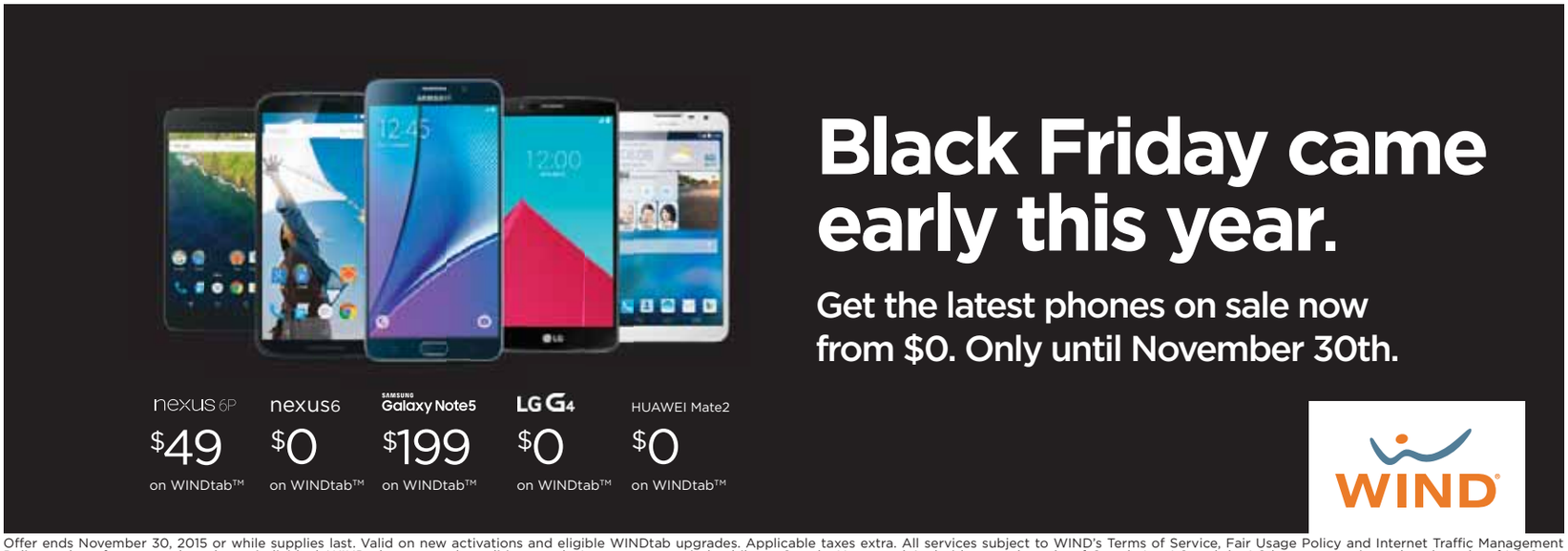
"What's making me scared is the alarmist journalists saying there's going to be another attack," Vander-Poelen complained.

While she couldn't remember any other instance where the city shut down so completely, she said residents would likely accept whatever measures were necessary to defeat extremists. THE ASSOCIATED PRESS

**Belgian police officers patrol the Grand Place in downtown Brussels, Belgium.** Brussels has entered its third day of lockdown, with schools and underground transport shut and more than 1,000 security personnel deployed across the country. MICHAEL PROBST/THE ASSOCIATED PRESS

## TRAVEL ALERT

Americans should be alert to possible travel risks, the State Department warned Monday. A travel alert, in effect until Feb. 24, said current information suggests that militants with the Islamic State, al-Qaida, Boko Haram and other terrorist groups continue to plan attacks in multiple regions.


Black Friday came early this year.
Get the latest phones on sale now from $0. Only until November 30th.
nexus 6P $49 on WINDtab™
nexus 6 $0 on WINDtab™
SAMSUNG Galaxy Note5 $199 on WINDtab™
LG G4 $0 on WINDtab™
HUAWEI Mate2 $0 on WINDtab™
WIND

Offer ends November 30, 2015 or while supplies last. Valid on new activations and eligible WINDtab upgrades. Applicable taxes extra. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. WINDtab terms and conditions apply. Learn more at windmobile.ca. Google, Nexus and Android are trademarks of Google Inc. LG and the LG logos are registered trademarks of LG Corp. and its affiliates. Samsung and Samsung Galaxy Note 5 are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. (C) 2015 WIND Mobile

**Children stand behind a police barricade** outside the Radisson Blu hotel in Bamako, Mali, Saturday, following a killing spree at the hotel Friday. Mali began a three-day mourning period with flags flying at half-staff on Monday for victims of the assault. THE ASSOCIATED PRESS

# Hotel target of attack

MALI

## Two terrorist groups claim responsibility

Mali began a three-day mourning period with flags flying at half-staff on Monday for victims of the assault on a luxury hotel full of foreigners, a day after a dueling claim of responsibility emerged.

The Islamic extremist group, Al-Mourabitoun, that first claimed responsibility for Friday's assault issued a new audio recording identifying the two gunmen, according to a Mauritanian news site that often receives messages from Malian extremists.

The group said the two were the only assailants in the attack that killed 19 people. Initial reports from witnesses and officials suggested there could have been as many as 10 gunmen. The bodies of only two gunmen were recovered from the scene.

The recording from the Al-Mourabitoun (Sentinels) group identified the gunmen as Abdel Hakim Al-Ansari and Moadh Al-Ansari, Al-Akhbar said in an article posted online Sunday. No nationalities were given, though the name "Al-Ansari" suggests they were both Malian.

Meanwhile, a different extremist group that emerged only this year also issued a claim of responsibility for the attack. The claim, reported Sunday by French media, underscores the shifting alliances and memberships of the extremist groups operating in Mali and nearby countries.

The new group, the Macina Liberation Front, is active in central Mali and said it had worked with yet another militant group, Ansar Dine. The claim said the attack was in retaliation for Operation Barkhane, the regional French fight against Islamic extremists, according to Radio France Internationale.

France's Defence Ministry on Monday provided new details of French support during the siege, describing in a statement how 40 French special forces arrived in Bamako at 3 p.m. and helped Malian forces move floor by floor.

> **We must stand with the victims' families.**
> Makan Konen

On Monday morning, the national flag outside Prime Minister Modibo Keita's office was lowered to half-staff.

"We are aware that the country is in crisis and we must stand with the victims' families," said Makan Kone, a spokesman for Keita, adding that the ceremony was "to show our pain for the death of 19 people." THE ASSOCIATED PRESS

BOKO HARAM

# Female suicide bombers stopped at checkpoints

Female suicide bombers killed 12 people over the weekend in Nigeria and Cameroon, officials said Monday of the attackers who were stopped for routine searches. All five bombers also died, but they could have killed many more people.

Police who blamed Boko Haram said one girl detonated explosives strapped to her body Sunday evening at a military checkpoint guarding an entry to Nigeria's northeastern city of Maiduguri.

Police commissioner Aderemi Opadokun said the girl killed herself and seven other passengers who got off a bus to be searched. A dozen people were injured.

It was the first bomb in nearly a month in Maiduguri, the birthplace of Nigeria's homegrown Islamic extremists whose six-year-old insurgency has killed about 20,000 people and driven 2.3 million people from their homes.

Soldiers at all entries to Maiduguri make people get out of vehicles about 500 metres from their checkpoints and advance with hands raised above their heads.

In Cameroon, Communications Minister Issa Tchiroma Bakari said four teenage suicide bombers crossed into the country from Nigeria on Saturday and were approached by self-defence civilian fighters in the border town of Fotokol.

"When a member of a local vigilante committee made to stop them, one blew herself up, killing five members of a family," he said. "On hearing the explosion, soldiers fired into the air to frighten (any attackers). The three others panicked and detonated explosives tied round their bodies, but they only killed themselves."

The routine searches and checkpoints in place are believed to have prevented the suicide bombers from killing even more people. THE ASSOCIATED PRESS

### Searches

**Bombers have detonated explosives** when stopped for searches that have become routine in parts of Nigeria and Cameroon **where suicide bombings have become near**-weekly tragedies.

## IN BRIEF

**Lawsuit claims $10M owed for boy's troubles**

Attorneys for Ahmed Mohamed, the 14-year-old Muslim boy arrested after taking a homemade clock to his Texas school, say he was publicly mistreated and deserves $10 million from the city of Irving and $5 million from the Irving Independent School District. Ahmed was arrested but never charged. He was also suspended from school. The family accepted a foundation's offer to pay for Ahmed's education in Qatar and has since moved to the Persian Gulf country. THE ASSOCIATED PRESS

**New Ebola cases probed**

Two experts from the U.S. Centers for Disease Control and Prevention are going to Liberia to determine the cause of new Ebola cases, more than two months after the country had been declared free of Ebola transmission for a second time, a Liberian health official said Monday. More than 150 people have been identified as potentially at risk of contracting the disease. THE ASSOCIATED PRESS

URBAN PLANET
PRE BLACK FRIDAY SALE
40% OFF
ALL WINTER BOOTS
TODAY ONLY!
IN STORE AND AT
URBAN-PLANET.COM
Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

ALGONQUIN COLLEGE | Language Institute
ADVANCE YOUR CAREER WITH
OCCUPATION-SPECIFIC LANGUAGE TRAINING (OSLT)
Algonquin College offers FREE Occupation-specific Language Training (OSLT) for newcomers.
Sign-up today for one of our information sessions or visit us at:
algonquincollege.com/OSLT
OSLT
FLAP

MELIÃ

JARDINES DEL REY

CUBA - ALL INCLUSIVE

# Our newest resort in Cayo Coco!

For the perfect vacation! Offering countless options for relaxation, romance and family fun.

TIME FOR CUBA

#timeforcuba

Visit meliacuba.com or contact your travel agent for more information

MELIÃ HOTELS & RESORTS | Cuba | 25 YEARS 1990-2015 | MELIÃ HOTELS INTERNATIONAL CUBA

# Nestle study admits abuse of workers

SEAFOOD SUPPLIERS

## Company vows to pursue solutions aggressively

Impoverished migrant workers in Thailand are sold or lured by false promises and forced to catch and process fish that ends up in global food giant Nestle SA's supply chains.

The unusual disclosure comes from Geneva-based Nestle SA itself, which in an act of self-policing planned to announce the conclusions of its year-long internal investigation on Monday.

The study found virtually all U.S. and European companies buying seafood from Thailand are exposed to the same risks of abuse in their supply chains.

Nestle SA, among the biggest food companies in the world, launched the investigation in December 2014, after reports from news outlets and non-government organizations tied brutal and largely unregulated working conditions to their shrimp, prawns and Purina brand pet foods.

**Nestle is not a major purchaser of seafood in Southeast Asia but does some business in Thailand, primarily for its Purina brand Fancy Feast cat food.** JOHN RAOUX/THE ASSOCIATED PRESS

The labourers come from Thailand's poorer neighbours Myanmar and Cambodia. Brokers illegally charge them fees to get jobs, trapping them into working on fishing vessels and at ports, mills and seafood farms in Thailand to pay back more money than they can ever earn.

"Sometimes, the net is too heavy and workers get pulled into the water and just disappear. When someone dies, he gets thrown into the water," one Burmese worker told the non-profit organization Verite commissioned by Nestle.

"I have been working on this boat for 10 years. I have no savings. I am barely surviving," said another.

Nestle said it would post the reports online — as well as a detailed year-long solution strategy throughout 2016 — as part of ongoing efforts to protect workers. It has promised to impose new requirements on all potential suppliers and train boat owners and captains about human rights, possibly with a demonstration vessel and rewards for altering their practices. It also plans to bring in outside auditors and assign a high-level Nestle manager to make sure change is underway.

THE ASSOCIATED PRESS

TAXATION

# Pfizer and Allergan deal sparks outcry

A $160-billion deal announced Monday to merge Pfizer and Allergan and create the world's biggest drug company renewed the outcry in Washington over "inversions," in which U.S. corporations combine with companies overseas to lower their tax bill.

The combination — the second-largest merger in history — could have ramifications around the globe, pushing up drug prices and spurring more such deals in the fast-consolidating health-care sector and other fields.

It is also increasing the election-year backlash from U.S. politicians who have been blasting drugmakers recently over medicine prices that can exceed $100,000 a year.

In what would be the biggest inversion ever, New York-based Pfizer could save hundreds of millions in U.S. taxes annually because it would move its tax headquarters to Ireland, where Allergan is based. That would enable Pfizer to slash its tax rate from around 25 per cent this year to about 18 per cent.

THE ASSOCIATED PRESS

### AUTO

**Ford recalls midsize cars**

Ford is recalling nearly 452,000 midsize cars in the U.S., Canada and Mexico because the gas tanks potentially can leak fuel.

The recall covers certain 2010 to 2011 Ford Fusion and Mercury Milan sedans built in Mexico from July 21, 2008, through March 4, 2011.

THE ASSOCIATED PRESS

### market minute

**DOLLAR** 74.78¢ (-0.15¢)

**TSX** 13,382.38 (-51.11)

**OIL** $41.75 US (-0.15¢)

**GOLD** $1,066.80 US (-$9.50)

**NATURAL GAS:** $2.343 US (+5.2¢)
**DOW JONES:** 17,792.68 (-31.13)

BUNCHEMS

# Toy produces hairy situation

They're a popular toy for kids, but some parents are seeing red over Bunchems, a toy many say is getting tangled in their children's hair.

Bunchems, recommended for children aged 4 to 9, are colourful balls that can be stuck together to build pets, bugs and other creations.

"A Toy Spawned From the Darkest Depths of Hell" is how one father described the toy in a scathing Amazon review, after he said he spent two hours trying to remove them from his daughter's hair.

Arlene Biran, vice-president of marketing at Spin Master, the company behind Bunchems, said Bunchems packaging and directions clearly state: "Caution: Keep away from hair. May become entangled."

After hearing about the hair tangles, Spin Master released a video on YouTube at https://youtu.be/S41FjIpPJTo on how to remove them from hair by using conditioner and vegetable oil. TORSTAR NEWS SERVICE

**Bunchems, a nominee for activity toy of the year in the 2016 Toy of the Year Awards.** WWW.TARGET.COM

URBAN PLANET
PRE BLACK FRIDAY SALE
40% OFF ALL WINTER BOOTS
TODAY ONLY! IN STORE AND AT URBAN-PLANET.COM
Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

CREATE A CLIMATE OF CHANGE
It's time to decide our future.
Together, we can take action to change the future for our planet and all who live on it.
CANADIAN CATHOLIC ORGANIZATION FOR Development and Peace
devp.org

metro VIEWS
Your essential daily news
Tuesday, November 24, 2015

## EMMA TEITEL: ON THE PARIS CLIMATE TALKS

# Whether our government changes its policies in any meaningful way regarding the oilsands or any other environmental issue, how much does policy matter in combatting climate change if people, by and large, do not give a damn?

On Monday, Trudeau met with Canadian premiers to discuss a problem most people (myself included) either ignore completely or lament for 30 seconds before changing the subject to more current, pressing matters.

That problem is climate change, the alleged End of Days brought to you by selfish, insatiable mankind. Trudeau will attend the climate change conference in Paris next week, but before he sets off, he'd like to showcase Canada's newfound environmental fervour to the wider world.

Of course not much has changed in the short time the PM has been in office; for now the Liberal government will pursue the same emission reduction targets proposed by the Conservatives under Stephen Harper. However, Trudeau has promised another climate change meeting with premiers 90 days after the Paris talks, at which more robust goals may be set. After all, Trudeau renamed the Ministry of the Environment the Ministry of the Environment and Climate Change, which many maintain was a deliberate and powerful attempt at battling climate change denial.

Minister Catherine McKenna wants incentives — and disincentives — for climate change plans. And yet, whether next week's Paris talks and subsequent meetings with premiers are fruitful — whether in fact, our government changes its policies in any meaningful way regarding the oilsands or any other issue pertaining to the environment — one has to ask: How much does policy matter in combatting climate change, if people by and large do not give a damn about it?

**NOT SCARY** We need a bit more fear-mongering about climate change, or ambitious targets to cut emissions will lapse as badly as people with grand plans to use a green bin, Emma Teitel writes. TORSTAR NEWS SERVICE

**Some advice for Trudeau's new Ministry of the Environment and Climate Change: Less Inconvenient Truth, more Day After Tomorrow.**

Unless you are a self-avowed environmentalist, chances are you do not think at length about melting ice caps and sinking cities worlds away. This doesn't mean you don't think these things are important; it means, much worse, that they don't scare you.

In fact, just over half of Canadians believe climate change is man-made — which is to say just over half believe we can do something to curtail it. And there's a big difference between declaring belief in a problem and changing your lifestyle or voting habits to curb that problem.

It's interesting that despite 32 years in politics and a charismatic high-profile leader, the Green Party has not inspired significant interest from the general public. Before the federal election, the National Post editorial board argued that the Greens' inability to "catch fire may lie more in public doubts about their policies or fitness to govern than any unfairness in the system." (Party leader Elizabeth May argues the Greens are routinely shafted by the country's electoral process).

There may be some truth to this theory, but isn't it far more likely that Canadians do not pay much attention to the Greens or the governing party's climate change plans because we perceive climate change as a far, faraway problem, scary only if you are in possession of impeccable foresight? It could be argued that the Green Party is a lot like the green bin: You know should give it a try, but you never get around to it.

The exceedingly lame climate-change joke — "Where is global warming when you need it?"— is all the rage on a sub-zero winter's day in Canada. And though it is just a joke told by many well-informed Canadians who would never question the veracity of climate change, there is a kernel of heartfelt resignation at its core. When your knuckles are dryer than the Sahara because it is freaking freezing outside and you've got a hundred and one things to do before dinner, you will not prioritize a global problem with no definitive solution that will affect you either in old age, or (better yet) in the grave. This isn't human avarice; it is human nature.

Which is why I'd wager that the only way world leaders and activists can change human perception of climate change, in addition to public policy, is through a healthy dose of fear-mongering. In fact, political fear-mongering, a tactic used in this country to prejudice us against a small minority of niqab-clad women, is actually prudent in the fight against climate change, a material threat that, unlike the others mentioned, will wreak havoc in our land.

Yet public rhetoric and activism around the issue seems to always appeal to the alleged nature lovers in us. Save the polar bears; preserve Canada's beauty; reduce, reuse, recycle. Some advice for Trudeau's new Ministry of the Environment and Climate Change? Alter your tone: less Inconvenient Truth, more Day After Tomorrow; less "Kumbaya," more FernGully: The Last Rainforest.

Scare us and scare us good, because if people can't find time to care about the fate of Mother Nature, they will always find time to care about their own.

**Emma Teitel** is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

## YOUR RIDE

# City should note that not all cyclists are data geeks

**Kathryn Hunt**

If a city wants to improve its cycling systems, the one thing it needs above all else is hard data. Usually, you get this from bike counters or some other means of tracking bikes passing a particular point, but those don't tell you much about overall cycling behaviour — what routes people are using, where they come from, where they need to go.

The cities of Ottawa and Gatineau have got a solution: They just announced an agreement with Strava.com, a training app which allows cyclists and runners to use a GPS device to track their rides or runs and post them to an online community.

This is an innovative move. The first time Strava signed an agreement to sell its data to a state agency was only last year, when the Oregon Department of Transportation (ODOT) paid $20,000 for a year's worth of cycling data for Portland. And the amount of information that Strava can provide is amazing: millions of rides worldwide, tracked and recorded automatically.

At the time, though, ODOT acknowledged a problem that Ottawa/Gatineau might also have to deal with: Strava's target demographic doesn't represent all cyclists. It's a training app, built around riding as a sport, not runs to the store for toilet paper.

Challenges and leaderboards on the site encourage you to compete with those around you. Its whole culture is about going further and faster and training harder. Frankly, it feels a little silly to record a ride to school with the kids on Strava and have it show up ranked against other "athletes" in your area.

But now, some local cyclists are encouraging others to join and log their errands, to try and skew the data so that things like shopping destinations show up against the sea of long weekend loops. They've even formed a club on Strava dedicated to logging as many "utilitarian" rides as possible. It's voting with your data.

Even so, there are a lot of people who can't afford a GPS device, or who don't want to log their activities with Big Data, or who don't watch developments in cycling and don't know or care about the Strava deal. Those people aren't getting tracked.

It is certainly the best data collection option the city's come up with yet, but whoever looks at the results should remember that "If it's not on Strava, it didn't happen" shouldn't be the rule.

**Kathryn Hunt** @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
**John Cruickshank**

VICE PRESIDENT & EDITOR
**Cathrin Bradbury**

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
**Greg Lutes**

MANAGING EDITOR OTTAWA
**Steve Rennie**

ADVERTISER INQUIRIES
**adinfoottawa@metronews.ca**
**General phone 613-236-5058**

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

NEW Philosopher cat now at www.mymetrostore.ca

metro LIFE
Your essential daily news

Over 600 babies in Japan wriggled to the finish line in the world's largest crawling contest on Monday

# Strategize your holiday eating

HEALTH

## Fight excess through moderation, mindfulness

**Devon Scoble**
For Metro

**Thinking about New Year's eating resolutions? Why not start early and approach the holidays with more moderation?** ISTOCK

It's January 1st and you're hungover, bloated, and one cookie away from total self-loathing; you'd be lost if not for those resolutions you're definitely starting tomorrow.

If that sounds familiar, then "why not fix it before you break it?" and start your New Year's resolutions today, asks The UnDiet Cookbook author Meghan Telpner.

"It might not be 100 per cent, but you're exploring your options so that when the holidays come you already have a sense of moderation."

### Home is where the heart and hips are healthiest

A November 2014 study published in Public Health Nutrition found that people who frequently cook at home "consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all. "

While you're at it, Telpner suggests batch-cooking healthy soups, stews and sauces.

Stock your freezer so you can alternate future festive fare with wholesome home cooking.

### Flavours worth savouring

Multiple studies show that mindful eating — paying attention to the experience of dining — helps reduce caloric intake.

"If we help ourselves to a delicious sweet, we should really appreciate its colour, its shape, and the time and energy that went into making it," says naturopathic doctor Leslie Solomonian. Follow this approach and you'll not only eat less — you'll enjoy more.

### Healthful holiday mind games

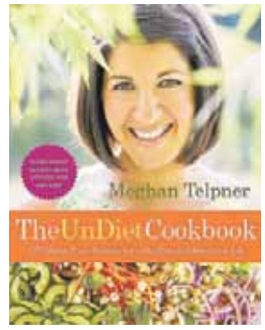
Many of us of alleviate stress by consuming, says Solomonian, especially around the holidays.

Each time you reach for a treat, she suggests asking yourself "what is it that I'm thinking or feeling now? Am I genuinely hungry or am I feeling bored? Or angry? Or worried?"

Practice now before the emotional intensity of the season ramps up.

"It's not just about diet and exercise," reminds Telpner, "but also the mind."

Seeking moments of quiet, or exercising — which benefits body and mind — will also help you manage temptations and frustrations.




> **It is not just about diet and exercise, but also the mind.**
> The UnDiet Cookbook author Meghan Telpner

### Kindness is key

Compassion is essential to breaking the cycle of excess and denial, says Solomonian, and can be practiced in many ways. Focusing on positive behaviours — eating more vegetables, enjoying more outdoor exercise — is more satisfying than simply eliminating "bad" habits.

Occasional overindulgence isn't the worst thing either, so don't beat yourself up if you do go overboard. Just down a big glass of water and remember that a balanced life is the gift that keeps giving.

CENTRE DENTAIRE RIDEAU DENTAL CENTRE
613-230-7475
2nd Level
Rideau Centre

STRESS FREE AND CARING DENTISTRY
NOW ACCEPTING NEW PATIENTS
Aesthetic, Implant & Family Dentistry Since 1983
Check out our weekly blog at **www.rideaudental.ca**
*THIS WEEK:* ***Filling Options For Cavities***

URBAN PLANET
PRE BLACK FRIDAY SALE
40% OFF ALL WINTER BOOTS
TODAY ONLY!
IN STORE AND AT URBAN-PLANET.COM
Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

## Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

### THIS WEEK: Olivieri Pasta Sauces

The sauce you pour over your pasta makes the meal. While most of us don't always have the time for homemade sauce, there are fresh store-bought options that even the most traditional Italian grandmother will approve of! Olivieri sauces are made without artificial ingredients or colours and are found in the refrigerated section of your grocery store. They can be microwaved and leftovers can be frozen. Fettucine Alfredo sauce might seem like the option to skip, due to the creamy texture, but take another look:

**PICK THIS**

**Olivieri Classic Alfredo Sauce (1/2 cup)**

**Calories** 160
**Fat** 13g
**Saturated fats** 8g
**Sodium** 450mg

**SKIP THIS**

**Olivieri Basil & Cheese Pesto (1/3 cup)**

**Calories** 540
**Fat** 54g
**Saturated fats** 10.5g
**Sodium** 1080mg

**HERE'S WHY**

**Equivalent — contains as much fat as 5 McCain Deluxe Pizza Pockets**

Pesto may seem like a lighter option than a creamy Alfredo, but the main ingredients are oil and cheese, which accounts for the excess calories, fat and saturated fat. While pesto should be used more sparingly than a traditional sauce like Alfredo, we often add way more pesto then necessary. Though oil is heart healthy, it's not hip healthy! So enjoy the creamier sauce this time around and keep the pesto for adding a dollop over your foods.

Beautiful Legs Begin Here!
VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.
SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.
DR. BEAUPRÉ VEIN/VARICES CLINIQUE
Dr. Lucie Beaupré
Diplomate of the American Board of Venous and Lymphatic Medicine
OTTAWA (613) 722-0101
1335 Carling Avenue, Suite 600
www.drbeaupreveinclinic.com

**SAY VEGAN!** Cashew-based cheeses teamed with crackers would be "an awesome holiday appetizer."

**Clockwise from bottom left: Date and Fig Cashew Cheese, Spicy Jalapeno Cheese, Cultured Nut Cheese and Cheddar Cheese.** HANDOUT/THE CANADIAN PRESS

# Vegan from scratch

DIY VEGAN

## Cookbook shares tips on creating plant-based staples

Nicole Axworthy and Lisa Pitman grew tired of scrutinizing food labels to ensure products adhered to their vegan diets.

They decided the only sure bet was to steer away from the store and towards the kitchen to customize their own homemade plant-based cuisine.

"I think one of the biggest things that we see in the food industry is the overabundance of processed foods and fast foods," said Axworthy.

"We really wanted to break it down and make it simple for people. And show people that it's easy, that you can still enjoy nachos and mac and cheese and cereals and all those things with basic ingredients."

The Toronto-based pair , who are both contributing editors at VegNews magazine, feature 135 recipes for everyday food staples free of animal byproducts in their new cookbook DIY Vegan (St. Martin's Griffin).

The cookbook offers a comprehensive breakdown of vegan pantry essentials including natural sweeteners; oils and fats; nuts; dried fruits; vinegars; oats, quinoa and millet; and flours derived from almond, buckwheat or chickpeas.

Once the pantry is stocked, readers can start off with the basics such as making their own dairy-free milks and cheeses, broadening into breads, dressings, sauces, seasonings and condiments, and rounded out by comfort foods like mac and cheese, pizza and desserts.

While it may seem daunting to create such food essentials from scratch, Axworthy said what's key is making the process routine, such as soaking cashews prior to bed to make dairy-free milk first thing in the morning.

**Side dishes (are) really where it's at.**

DIY Vegan co-author Nicole Axworthy, says wof cooking for vegan guests.

With the holiday season coming up, some individuals hosting dinners may be unsure of what to prepare for vegan guests.

Axworthy said as a vegan, she finds "side dishes (are) really where it's at."

"They can be especially nutritious and filling if they're made with whole grains and vegetables and greens and beans," she said.

"One thing that the host can do is just make some easy substitutions. For example, replacing the butter for vegetable-based oils, or putting the cheese on the side for people who want it ... or replacing the chicken broth with vegetable broth."

Cashew-based cheeses teamed with crackers would be "an awesome holiday appetizer," Axworthy added.

As for sweet treats, Axworthy said there are substitutions that can be made for ingredients that are central in many baked goods.

For example, a mixture of flax seed and water replaces egg, and cold coconut oil can add a flaky texture to a premade pie crust.

THE CANADIAN PRESS

WOMANHOOD

# Jolie Pitt is all about menopause

Ned Ehrbar
Metro | Hollywood

It turns out Angelina Jolie Pitt — who has never shied away from talking about anything, even a double mastectomy — has found a new facet of womanhood to promote and take the stigma away from, and it's the change.

"I actually love being in menopause," the 40-year-old actress and director tells the Telegraph.

And if you think 40 is a bit young, she explains that her surgeries to prevent ovarian and breast cancer caused physical changes that triggered it early.

"I haven't had a terrible reaction to it, so I'm very fortunate. I feel older and I feel settled being older. I feel happy that I've grown up. I don't want to be young again."

We get it, Angie. There isn't anything out there you can't be cool with.

**Angelina Jolie Pitt in By the Sea. The 40-year-old actor/director says she "loves" being in menopause.** HANDOUT

GOSSIP BRIEFS

## Will RiRi drop album on Tidal?

Rihanna fans have been speculating about when her next album will drop for months, and it seems that the wait may soon be over. Twitter is abuzz saying she will release a new album this Friday exclusively on Tidal and then release it on iTunes Dec. 4. With Apple Music courting celebrities such as Drake and Taylor Swift — both of whom dropped their albums early on the music service — it would be a bold move for Rihanna. The album — which will be called Anti — will be Rihanna's first album since 2012's Unapologetic and will include her three current singles. EMILY LAURENCE/METRO NEW YORK

JOHANNA SCHNELLER WHAT I'M WATCHING

# Afterlife bad news for The Leftovers

**THE LEFTOVERS, SEASON TWO, EPISODE EIGHT (HBO)**

Kevin Garvey (Justin Theroux) wakes up in a bathtub and slithers out, naked and choking.

Because he died at the end of episode seven, we know this must be, if not the afterlife, an afterlife. (If you haven't watched The Leftovers, put this down and go watch.)

For we devotees, this is a Significant Moment. It means that Kevin survives, which is good news. But it also means that, in the universe of this show, there's an afterlife.

To me that's bad news. Until now, there's always been one big mystery with no solution — one October day, many people on earth suddenly disappeared — plus countless little mysteries that those left behind have created in reaction to the big one.

But the little mysteries always had earthly explanations. The show meted out details until they were solved, and the collective "Ohhh" you heard echoing through the televerse was earned. Mulling over episode six (which I did a lot this week — one pleasure of not binge watching), I'd decided there was a sad grandeur to Kevin's killing himself. He'd always struggled to continue living in a "normal" way, to resist the lunacy around him, to solve the mysteries.

Then he bought into one, to the extent that he believed he could return from death. For a few minutes we viewers held our breath. When he died, this realization washed over me: "You bought in, too! Madness is contagious! How brilliant!"

I thought his death had meaning because it illuminated something about being mortal. But no. There's an afterlife now. Sigh.

**Kevin Garvey's death could have been a moment to explore mortality. But no.** HANDOUT

ADVERTISING FEATURE

# EMPLOYMENT LAW CORNER

*Lost your job? Ask your question at www.terminationquestions.com*

## Lost your job? Don't give in to pressure – get what you are owed

Lior Samfiru
Samfiru Tumarkin LLP

Toll-Free: 1-855-821-5900
Email: Lior@stlawyers.ca

When an employee is dismissed, it is often a traumatic and at times overwhelming experience. Unfortunately, many employers add to the already chaotic atmosphere by making the individual feel rushed to sign documents and accept a severance offer, oftentimes well below their legal entitlements.

In my experience, one of the most important things that individual can do is take time to consider their options and seek out professional advice. Too often I speak with individuals who felt pressured to sign a document and ultimately gave in to an understandably difficult situation. Unfortunately, once the document is signed, the deal is done.

**NEGOTIATING ON YOUR OWN IS NEVER A GOOD IDEA**

When an employee negotiates on their own for severance, it can severely limit the amount that a lawyer can recover for them in the future. For example, I recently assisted an individual who worked for their former employer for 18 years and was 55 years of age. Prior to calling me, that individual made an offer to their employer of 12 months' severance pay. In reality, they were owed between 18 to 20 months of severance, a significant difference. While I was able to help increase the original offer, I had to start the negotiations from 12 months' severance instead of the 20 months' they were entitled to. In that case, the innocent offer from the employee limited what they were able to recover.

With that said, there are steps you can take prior to contacting a lawyer. The first would be to determine what you are owed by visiting the severance pay calculator (www.SeverancePayCalculator.com). This is a fast, free and confidential way to determine if your severance package is fair. Also, you can always ask a lawyer any of your employment questions on our firm's termination question forum (www.TerminationQuestions.com). Again, this is another fast, free and confidential way to ensure you are being treated fairly.

**EMPLOYERS CANNOT SET DEADLINES**

Almost all employers impose a deadline to respond to a severance offer. This is merely a tactic to get the employee to feel pressured to accept less than they are entitled to. It creates a feeling of panic, only adding to the stress of a recently dismissed individual. Worst of all: It is complete nonsense. In Ontario, the law states that you have two years from the date of termination to make a claim. Not a year, a month or a week – two years! I receive calls daily from individuals who feel they must respond to an inadequate severance offer based on a deadline set by their employer. There is no need to feel any pressure; the employer will not remove the offer, and it is often the case that it should not be accepted anyway.

**HOW CAN A LAWYER ASSIST?**

There are a number of ways a lawyer can assist an individual who has been terminated. One of the most important ways is saving time. When an employee is terminated, a common question becomes, how long will the process take? It is a lawyer's duty to move the matter along quickly and provide the individual with a timeline of how long it will take to resolve the matter. Also, a lawyer should always ensure that you are provided with money that is owed to you right away, such as accrued vacation pay or salary. Another important way which a lawyer assists is by providing you with a realistic settlement outcome and a roadmap for how to get there.

If you or anyone you know has been terminated, it is always important to pause and consider what is being offered. Use the free and confidential tools available to you (www.TerminationQuestions.com and www.SeverancePayCalculator.com). Finally, never hesitate to call us directly at 1-844-861-9065 and have one of our employment lawyers provide you will a full assessment of your matter.

**Lior Samfiru** is an employment lawyer and senior partner at Samfiru Tumarkin LLP. He is the host of the 'Employment Hour' heard Saturdays at 4:00PM on AM580 (CFRA).

**Calculate the severance you are owed at www.severancepaycalculator.com**

# Preparing to buy a hearing aid?

SHUTTERSTOCK

**Hearing aid evaluation**
During your hearing aid evaluation, don't be afraid to ask your audiologist at the Canadian Hearing Society (CHS) questions — this is an important time to learn about your hearing test and overall communication ability.

**What's your style?**
Next, our audiologist will review the various sizes and styles of hearing aids with you. Details may include colour preference, battery type, and information on buttons, switches and controls. Based on your communication abilities and goals, our audiologist will help you choose the best match for your listening needs.

**Price and payment**
Finally, there's cost. Many people fall into the entry or mid-range device category for price and technology. However, if you have a particularly busy lifestyle with high demands on communication based on work, school, recreational or social interactions, then advanced technology may be recommended.

**How to be successful**
- Be motivated and open to addressing your communication needs.
- Find the right hearing aid with all the appropriate features necessary to address your desired communication outcome.
- Find an audiologist at CHS you connect with and trust — one who is truly listening to what you want and has the tools to help you.

Contact CHS Ottawa today. Call 613 521 0509.

# ENJOY ALL THE FREEDOM OF ELECTROLYSIS

Embarrassed by unwanted hair? Caress Electrolysis has the solution for you. Although electrolysis has been around for many years, its success is largely due to the skill and knowledge of the electrologist.

Caress consistently delivers excellent results thanks to a team of certified electrologists working with state-of-the-art equipment. Caress provides complete confidentiality and treats every client — regardless of gender, ethnic background or lifestyle — with the courtesy, compassion, respect and professionalism they deserve.

Two of the most common misconceptions about electrolysis are that it's expensive and painful. The fact that electrolysis is the only permanent method of hair removal makes it much less expensive and more convenient than temporary methods.

And while there is some sensation — as there is with techniques such as waxing, tweezing, threading and laser hair removal — most clients are pleasantly surprised by how comfortable the procedure is and wish that they had started electrolysis sooner. New clients are encouraged to book a free consultation and sample treatment so that they can experience electrolysis for themselves. Caress recognizes that an informed consumer is likely to become a satisfied and loyal client who recommends electrolysis to friends and family.

CONTRIBUTED

Caress Electrolysis, located at 35 Larkin Dr. (off Greenbank), also treats skin anomalies. For more information, please visit CaressElectrolysis.com or call 613-825-2299 to book a complimentary, no-obligation consultation.

The right hearing aid can make a difference

Finding the right hearing aid can greatly benefit you and your loved ones.

SAVE up to $1,000
on a pair of hearing aids

- $50 gift card with purchase
  Selections include: Esso, Cineplex and a variety of restaurants
- Bluetooth accessories are included, depending on the product you choose
- Complimentary hearing test

Contact us today!
Phone: 613.521.0509
CHS.ca/cheer04
Use promo code **cheer04**

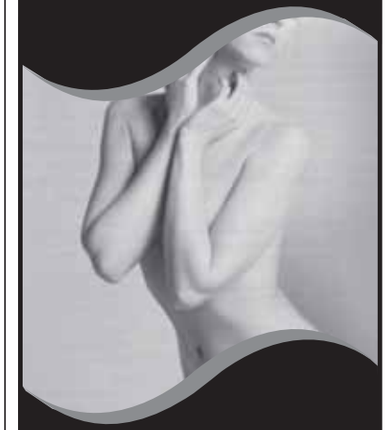
Offer valid until January 31, 2016
For offer terms and conditions, please visit CHS.ca/cheer04

CHS | SCO
CANADIAN HEARING SOCIETY
SOCIÉTÉ CANADIENNE DE L'OUÏE

75
1940–2015

Proudly serving Deaf and Hard of Hearing Communities
Fière de servir les communautés des sourds et malentendants

CARESS ELECTROLYSIS



613-825-2299
35 Larkin at Greenbank
CaressElectrolysis.com

PERMANENT HAIR REMOVAL

**$10 OFF**
*Electrolysis Treatments*
*with Wanda*
(First treatment only, limited time offer)

We are pleased to welcome Wanda to our team of professional certified electrologists.

Wanda has over 20 years' experience and is excited to meet current and new clients.

WANDA'S HOURS
Fridays
10:00AM – 6:00PM

CONTRIBUTED

SHUTTERSTOCK

SHUTTERSTOCK

# Be part of a bustling retirement community

Nestled in lovely Nepean, just steps away from Andrew Haydon Park and the Ottawa River, is Riverpark Place — a bustling retirement community.

Riverpark Place offers its residents exercise in the morning, happy hour at night and everything in between. Throughout the week, activities are scheduled daily, including movie nights on the big screen, bridge, bingo and euchre games, recreational programs, garage sales, knitting groups and more.

There are also plenty of off-site excursions, like trips to the theatre, festivals, parks and shopping.

Weekly meetings are held by special interest groups of all kinds and guided classes help residents explore their crafty side.

Whether you want to stretch and flex or simply have some company for a long walk, you'll find lots of opportunities to stay in shape at Riverpark Place. Dances, picnics, bazaars and afternoon socials are also part of the fun.

There are a number of in-house amenities at Riverpark Place, including the Carleton Library, which is well-stocked with books, periodicals and a computer. Or, sink into comfy furnishings at the Waterford Lounge, where you can work on a crossword puzzle, play cards, relax during happy hour or enjoy live entertainment.

Residents can also receive professional hair styling and esthetic services at the hair care studio without having to leave the building. There is also a tuck shop that offers a selection of personal items.

Riverpark Place offers three levels of care:

**Residential Living**
Residents receive medical care, daily meals and snacks, housekeeping, activity programs and more.

**Assisted Living**
In addition to the care services offered for Residential Living, residents also receive physical or memory care, supervision of meals and snacks, specialized programming and assistance.

**Short Term Stays**
There are a number of reasons one might need to use the short term stay option — convalescing from surgery or illness, respite care for a loved one or even as a trial to test out retirement living.

For more information on Riverpark Place, including its activities and amenities, visit riverparkplace.ca.

STILL IN PAIN?

It is not normal to keep suffering from:

- Heel and Foot Pain
- Collapsing or Flat Feet
- Ingrown or Fungal Nails
- Stubborn Plantar Warts
- Repetitive Sports Injuries or Ankle Sprains
- Bunions and Hammertoes

We make feet feel better!

Visit our website and download our complimentary e-book!

Pierre Dupont, Doctor of Podiatric Medicine
Registered Chiropodist | Foot Specialist

28 Deakin Street, Suite 101 | 613 595-9700
OttawaFootPractice.com

**This 9-year-old boy was affected by a severe bilateral flatfoot condition putting his misaligned feet, ankles, knees and hips at risk for future joint pain and osteoarthritis. This patient had a titanium HyProCure stent inserted into his right foot three weeks prior to this photo. See how straight the right foot was compared to the left. Please note that the left foot had been treated and straightened up one week after this photo was taken.** CONTRIBUTED

# MISALIGNMENT, JOINT PAIN AND OSTEOARTHRITIS

Pain in the feet, ankles, knees and hips is an issue that affects thousands of Canadians. Osteoarthritis is the most prevalent form of arthritis and is the leading cause of pain and mobility issues on weight bearing joints. As pain medication and supplements no longer bring relief, knee or hip joint replacement is believed to be the only option but even those measures don't eliminate the underlying issue: foot and leg misalignment.

Pain and mobility issues are generally associated with age but, the current thinking that the increase in age, weight, sport or activity are the root cause of the osteoarthritis in weight bearing joints is wrong. Our weight bearing joints are designed to function with a certain range of alignment. Out of that range, we end up functioning on only part of the misaligned joint, increasing the pressure or demand per square centimetre, leading to reduced joint space and increased friction in the area. If the alignment is re-established, the joint space will go back where it belongs and the body weight will be redistributed over all of the joint's surface, removing both the symptoms and stopping or reducing the worsening of the osteoarthritic condition.

Feet and ankles are the foundation of our body when we stand, walk, run and play and the fact that we're all born imperfect should be taken into consideration — we all have small misalignments that could be causing us pain.

For most, that means a slight difference in leg length and in foot flattening, which causes an increased demand on the knee and hip joints within the longer leg and above the overpronating foot, creating pain and arthritis on one side. A simple lift, inserted under the insole of your shoe, foot orthoses and/or titanium stents could be all you need to realign your body and address the root cause or major contributing factor of knee and hip osteoarthritis. The best way to try to prevent osteoarthritis is to make take sure your feet, ankles, knees and hips are structurally and functionally aligned.

If foot, ankle, knee or hip pain is bothering you, foot specialist Pierre Dupont, Doctor of Podiatric Medicine and Registered Chiropodist at Ottawa Foot Practice can help get to the root of your pain. To find out more information about feet and legs alignment issues, including a variety of treatment options, visit ottawafootpractice.com.

# Follow through on fresh start

Every year, we promise ourselves a fresh start for the New Year. We take on a new diet or exercise regime and plan to love ourselves unconditionally. Fast forward a few months and we're back to our old habits. It's time to ditch that thinking and start living, loving and laughing every day.

Positive aging expert Barbara Hannah Grufferman shares these tips for those looking to live life to the fullest and not be slowed down by adult incontinence:

• Live: Everyone is busy, and often overwhelmed by life's daily demands. That's no excuse to stop taking care of yourself — take the time each day to go for a walk, attend a fitness class or hit the gym, releasing endorphins for an instant mood boost.

In fact, women with sensitive bladders should strengthen their muscles with squats, push-ups and the plank. These are three essential exercises that can be done anywhere, anytime using the correct form.

By working these moves into your daily routine, you can help to avoid osteoporosis and strengthen your pelvic floor to avoid light bladder leakage.

• Love: One in five women who experiences bladder leaks avoids sexual relationships due to embarrassment. Furthermore, around 11 per cent avoid seeing friends or family because they experience leakage.

Products like Always Discreet, which neutralize odours, help contain bladder leaks, and offer a comfortable fit, can help you feel like bladder leaks are no big deal.

SHUTTERSTOCK

• Laugh: Laughter is often a trigger for light bladder leakage and eight in 10 women who experience it do so when they cough or sneeze too. Discreet bladder protection solutions can help women laugh all they want — in fact 88 per cent of women under the age of 55 felt a product that protected from leaks and was discreet to wear could help them be more socially active.

CONTRIBUTED

# Stay fit with Carleton's rec leagues

Whether you want to continue playing the sport you love or you are hoping to try something new, Carleton University's Athletics Department has the right program for you. Roughly 6,000 people participate in a variety of Carleton's recreational sports and leagues, a great way to stay fit, meet new people and have some fun.

The Sunday basketball league, played in the Ravens' Nest, is divided into a men's and coed division, creating more skill level compatible matchups week to week.

There is also a women's only basketball league every Wednesday night where players of a variety of skill levels come together in one open division.

Over in the newly resurfaced Field House, you'll find Coed Soccer, a tent pole league, played exclusively on Tuesday nights. The league has three divisions, based on skill level. You can also play your favorite racquet sport on Mondays or Thursdays against a variety of opponents in the newly renovated squash courts.

"The Ravens Adult Leagues have everything that you could ask for in a recreational league — great facilities, central location and convenient game times," says Joshua Shaw, Student and Adult League Officer for Carleton University's Department of Recreation and Athletics.

"Factor in our team t-shirts and friendly on-site league officials, and the Ravens Adult Leagues offer the best value in the city."

Of course, Carleton doesn't just offer leagues for adults, there is also a variety of youth programs that offer a wide array of sports to keep kids busy during school holidays. They use the full range of indoor and outdoor sports facilities and each camp includes a daily swim and a full lunch is provided.

There are even a number of mature fitness classes.

It's never too late to start exercising regularly," says Lesley Bowlby, Fitness Coordinator and Trainer at Carleton.

"Physical activity and staying active will build and maintain strength and stamina, prevent loss of bone mass and improve balance, reducing your risk of falling."

For more information on adult recreational leagues, youth programs or mature fitness, visit athletics.carleton.ca.

SHUTTERSTOCK

SHUTTERSTOCK

Adult Recreational Leagues
Continue to play a sport that you already enjoy or try something new. It's a great place for you to get fit, meet new people and have some fun. With about 6,000 people participating in a variety of sports and leagues, we really do have something for everyone.
Camps And Kids Programs
For over 40 years, Carleton University has been offering Ottawa's finest sports camp experience for kids aged 4 to 17. Check out our wide variety of sports camps and children's programs offered throughout the year.
Mature Fitness Programs
Live a happy, healthy life with our mature fitness programs. Weight training and fitness programs for mature adults can improve balance, reduce blood pressure, stabilize blood sugar levels and lower cholesterol.
athletics.carleton.ca
REGISTER NOW!
CARLETON ATHLETICS
WHERE CHAMPIONS PLAY

**Personalized Health Solutions**

Don't let cold & flu season get you down, visit NutriChem to boost your immune system and feel great!

## What is NutriChem?

NutriChem is your solution for optimal health. Get the most comprehensive testing available paired with the most detailed consultation you will ever experience! Together, this will result in the creation of your own personalized vitamin and mineral formula.

Visit **www.nutrichem.com** for more info

**NutriChem**™
**Personalized Health Solutions**

**NutriChem Compounding Pharmacy & Clinic**
1303 Richmond Road • 613-820-4200 • frontstore@nutrichem.com

**West-End Clinic**
1305 Richmond Road, Suite 204 • 613-721-3669 • clinic@nutrichem.com

**East-End Clinic & Retail Store**
1185 St. Laurent Boulevard • 613-695-5405 • stlaurent@nutrichem.com

**www.nutrichem.com**

SHUTTERSTOCK

# It's cold season: Get your immune system ready

Temperatures are dropping and the holidays are on their way. And as we pass around mulled wine and bacon-wrapped appetizers, gathering in such close quarters means we're also passing around colds and flu.

While catching the occasional cold is normal, there's plenty each of us can do to support our immune systems during the months ahead.

"A strong immune system may reduce the frequency and duration of illness," says Julia Davie, a registered holistic nutritionist with NutriChem Biomedical Clinic. She offers up a few tips that can keep our family healthy.

Testing a person's biochemistry, known for being NutriChem's specialty, is the best indicator of immune health.

"For starters, a person's vitamin and mineral status is key for proper immune function," says Davie. "Beta carotene, a precursor to vitamin A, helps provide support for mucous membranes, making it an excellent nutrient for fighting and recovering from a cold." You may be deficient in this important vitamin and not know it. You can ensure proper beta carotene intake by incorporating lots of orange fruits and vegetables in your diet.

Sleep and stress reduction are two other key components for efficient immune functions. Magnesium, an important mineral, is thought to be deficient in many individuals.

"Supplementing with magnesium glycinate can improve a person's quality of sleep and help their bodies deal with stress more adequately," says Davie.

Finally, Davie also suggests making sure gut health is optimal. "Taking a probiotic supplement and maintaining a healthy gut microbiome prevents illness and reduces the inflammatory symptoms of being sick".

Other causes of a compromised immune system may include poor cellular function, low iron or vitamin D levels and abnormal hormone status.

These issues can be resolved under the guidance of a NutriChem clinician. With clinical services in two different locations in Ottawa, NutriChem offers extensive biochemistry testing from which the clinicians develop comprehensive treatment plans. For information visit us at Nutrichem.com.

metro SPORT

Sharks goaltender Martin Jones was named the NHL's first star of the week after going 3-0-0 with a 1.63 GAA and a shutout

# Redblacks go back to work

103RD GREY CUP

## Ottawa club refocuses after dramatic win over Hamilton

Henry Burris woke up Monday morning still riding high off the emotion of the Redblacks' dramatic victory in the East Division final. But while his big play in the closing minutes helped erase decades of football frustration for the city of Ottawa, Burris says the team needs to start looking forward quickly.

Burris connected with Greg Ellingson for a late 93-yard touchdown pass to lead the Redblacks to a 35-28 win over Hamilton on Sunday. It marked the first time an Ottawa football franchise advanced to the Grey Cup final since 1981.

The Redblacks will take on the Edmonton Eskimos, who defeated Calgary 45-31, Sunday in Winnipeg.

"It seemed as if we were battling against a great Hamilton Tiger-Cats team, and also all the frustration of the past that have occurred here in Ottawa, but once Greg made that catch it felt like the bubble burst," Burris said. "It was like all the things in the past we let bygones be bygones and the fans did the same and we have a great memory that will be remembered for a long time, especially with that play that was made. Now we can make even much better memories if we can go out to Winnipeg and get it done."

**Redblacks wide receiver Greg Ellingson, left, fends off Tiger-Cats defensive back Emanuel Davis on his way to scoring the winning touchdown in East Division final in Ottawa, Sunday.** ADRIAN WYLD/ THE CANADIAN PRESS

As exciting as the win was, the team was back at work first thing Monday morning preparing for the Eskimos.

"Yes we're excited and it was a big day (Sunday), but there's more work to do and these opportunities don't come around all the time," said Rick Campbell, who will be making his first Grey Cup appearance as a head coach. "The way to make the most of the opportunity is make sure you go there and work hard and do all the things we normally do as far as meeting and practices and all that stuff and get ready to play another football team."

> **We have the right mixture of play-making ability, leadership, experience, knowledge, but the belief is through the roof.**
> Redblacks QB Henry Burris

The Redblacks' turnaround has been monumental considering the franchise is only in its second year and coming off a 2-16 season. But Burris said he knew from the start of the season this group of players would be successful.

"I've talked about playing on so many special teams, but this has that special aura," he said. "There's something special in that locker room. To see the way all the guys love each other the way we do is very uncommon. We have the right mixture of play-making ability, leadership, experience, knowledge, but the belief is through the roof. All of us will die for each other in that locker room."

The Redblacks lost both of their games against the Eskimos early in the season and know they will be facing the top defence in the league.

"We've grown leaps and bounds there's no question about that," said offensive coordinator Jason Maas. "That's why I do feel confident that we can go in there and make some things happen against them, but at the same time they've grown too." THE CANADIAN PRESS

### TENACIOUS D

**62**

**Ottawa's defence led the league in sacks with 62 this season. It also ranked first in fewest rushing yards (70.8) and total yards (297.6).**

**18.9**

**Edmonton was the league's stingiest unit (18.9 points per game) and toughest to pass against (245.2 yards).**

# Reilly and Eskimos look to make it 10 straight wins

Mike Reilly and the Edmonton Eskimos head into the Grey Cup on quite a roll.

Edmonton chalked up its ninth straight win Sunday with a 45-31 victory over the Calgary Stampeders in the West Division final. That earned the Eskimos a berth in the CFL championship game against the Ottawa Redblacks.

Ottawa comes into the Grey Cup having won five straight but had its trouble this season against Edmonton. The Eskimos swept the season series 2-0, outscoring the Redblacks 69-29 — although one victory was by a 46-17 margin and both contests were played in July.

### Adding to the total

- Edmonton will make its 25th Grey Cup appearance and chase its 14th championship, first since 2005.
- Ottawa won nine Grey Cup titles as the Rough Riders before ceasing operations following the 1996 season.

Ottawa will see Reilly on Sunday for the first time this season. Backup Matt Nichols got both previous starts versus the Redblacks, as Reilly was sidelined with a knee injury suffered in Edmonton's season-opening loss to Toronto in Fort McMurray, Alta.

Edmonton weathered the storm during Reilly's absence, posting a 6-3 record following the starter's injury. In fact, the Eskimos' first two wins of the season came in sweeping the home-and-home series with Ottawa.

But Edmonton has been unbeatable since Reilly's return as the starter in September. That includes two pivotal victories against Calgary that gave the Eskimos the season series and ultimately tops in the West Division after both teams finished with identical league-best 14-4 records.

Reilly has enjoyed another solid CFL season, completing 214 of 329 passes (65 per cent) for 2,449 yards with 15 TDs and 10 interceptions. Reilly also ran for 324 yards on 66 carries (4.9-yard average) and scored two TDs.

Reilly was impressive Sunday versus the defending-champion Stampeders at Commonwealth Stadium. He completed 31 of 39 passes for 370 yards and three TDs while also running for 30 yards and two touchdowns on seven carries.

Edmonton was pretty good away from Alberta, finishing tied with Calgary for the CFL's best road record (6-3). The Eskimos and Stampeders also had identical 6-2 records in head-to-head matchups versus East Division competition. THE CANADIAN PRESS

**Mike Reilly** THE CANADIAN PRESS

# Seeing what's behind the Senators' recent good form

THE HOCKEY NEWS

Murray Pam
FOR METRO

With a 10-5-5 record the Senators reach the quarter pole as the NHL's eighth-best team and second-place in the Atlantic Division. Despite warranted criticisms, the club has made great strides over the past month.

After a deflating Halloween home loss to the Red Wings, the Senators have lost only one game in regulation, earning points in eight of nine in the process.

The team has gone from playing .500 hockey October 24 to currently performing at a .625 clip. What has changed? Let's take a look at the factors.

**Home sweet home**

Since going winless in their opening four home starts, the Senators are 5-1-2. Seven of 12 games on home-ice have gone into extra time causing havoc for media on deadlines, but fans are leaving entertained most nights.

**Taking the power play back**

The Senators tallied power play goals on their first three opportunities to open the season. It took another 40 attempts to score their next three. Kyle Turris said power plays are a funny thing. He's not wrong. The team has scored with the man-advantage in seven consecutive games, seeing their ranking rise from a paltry 25th to fourth league-wide.

**Timely goaltending**

Whether it's Craig Anderson or Andrew Hammond it doesn't matter who's minding the net. Before having his bell rung in practice by a Zack Smith shot, Hammond was 2-0-2 with a stellar .930 save percentage. The Hamburglar is one of three goaltenders in NHL annals to win 22 of his first 29 appearances. Two Bruins, Frank Brimsek in 1938-39 and Ross Brooks from 1972-74 are the others.

Anderson with back-to-back shutouts leads all goalies who've played more than ten games in saves per 60 minutes (32.48).

**The wait is over**

While Turris, Mike Hoffman and Mark Stone provided offensive spark early and continue to do so, Erik Karlsson and Bobby Ryan are starting to turn on the red light with regularity.

Karlsson has five goals since ending his 14-game goalless drought just six games ago. With ten points in those six outings, the captain has climbed to sixth in NHL scoring.

A notorious slow starter, Ryan has turned it up a notch — equalling his personal high with points in eight consecutive games.

While the Senators are streaking, their impressive record could be even better. The team has allowed more than 34 shots per game and their penalty kill ranks 23rd. If the club can improve in these areas, who knows what this team can achieve?

Craig Anderson GETTY IMAGES
Andrew Hammond GETTY IMAGES
Bobby Ryan GETTY IMAGES

MLB

## Roberts named new Dodgers manager

Dave Roberts overcame long odds during his playing days in the major leagues and survived a bout with cancer in recent years. He had no managerial experience when he went after the vacant Los Angeles Dodgers' job.

Fittingly, the personable Roberts beat the odds again, impressing the front office with his energy, enthusiasm and knowledge to become the Dodgers' first minority manager.

Los Angeles said Monday it plans to introduce the 43-year-old at a news conference on Dec. 1.

"When I put on this uniform as a player, I understood the special responsibility to honour those that played before me as well as the amazing bond between the Dodgers and their fans," Roberts said in a statement. "I feel that I have now come full circle in my career and there is plenty of unfinished business left in LA."

> **"I feel that I have come full circle in my career..."**
> Dave Roberts

THE ASSOCIATED PRESS

## IN BRIEF

**Davis Cup set to go ahead amid terror alert in Belgium**

The International Tennis Federation says the Davis Cup final is set to go ahead as planned in Ghent this weekend with increased security measures because of the terror alert in Belgium.

Belgium hosts Britain in the three-day final, starting Friday. Ghent is 56 kilometres from Brussels, which is on the highest state of alert because of what the Belgian government calls a "serious and imminent" threat. The ITF says it is "taking every necessary step to ensure the safety" of those at the final.

THE ASSOCIATED PRESS

SOCCER

## Illness took Blatter close to death, 'angels'

Without specifying his illness, Sepp Blatter said in excerpts from a television interview that he was near death when hospitalized for stress-related problems this month.

The suspended FIFA president was "between the angels singing and the devil's fire," he told Swiss broadcaster RTS in his first television interview since leaving the hospital on Nov. 12.

"But it was the angels which sang," Blatter said, adding "happily I never lost consciousness" during the 48 hours when most ill.

Sepp Blatter GETTY IMAGES

Blatter acknowledged he had been under "enormous pressure," with personal legal problems arising from a $2 million payment of FIFA money he authorized to Michel Platini in 2011 as backdated salary.

THE ASSOCIATED PRESS

WOMEN'S SOCCER

## Olympic draw suits Canucks

Canada received a favourable draw Monday in its road to the Olympic women's soccer tournament. The Canadian women, ranked 11th in the world, were drawn in Group B in Houston with No. 48 Trinidad & Tobago, No. 84 Guatemala and No. 92 Guyana for the Feb. 10-21 CONCACAF qualifier.

The top-ranked United States, as host country, was placed in Group A in Frisco, Texas, with No. 26 Mexico, No. 34 Costa Rica and No. 115 Puerto Rico. The two finalists will represent North and Central America and the Caribbean at the 2016 Games in Rio de Janeiro in the 12-team Olympic field.

The Americans got the tougher pool but should not be troubled given their status as reigning world champion, with an 18-0-4 record since their last loss — 2-0 to France in February.

The Americans have been to all five women's Olympic soccer tournaments, winning gold four times, including the last three competitions. Canada won bronze in 2012 and finished eighth in 2008 after losing to the U.S. in the quarterfinals.

> **11th**
> **Canada's world ranking going into Group B. They are seeded much higher than any other team in the group.**

Monday's draw likely sets up a final between Canada and the U.S.

Canadian coach John Herdman said Canada will be favoured in its group given its blend of experience and young talent. "When you put that together we are the strongest team in the group, we should be," he told a conference call after the draw. "And it's ours to lose." He called the draw "a bit of a surprise, but it was a nice surprise at the same time." The Canadians will take nothing for granted, he added.

"I don't think we can't take any team in our group likely. There's definitely some challenges in there."

The Canadians found out that out the hard way in 2004 when Mexico upset them 2-1 in the CONCACAF semifinals to secure the region's other Olympic berth. The U.S. was the lone CONCACAF representative in 2000 and 1996 when the Olympic field was eight.

Canada will open Feb. 11 against Guyana before facing Trinidad & Tobago on Feb. 14 and Guatemala on Feb. 16.

THE CANADIAN PRESS

# RECIPE One-Pot Chicken & Tomato Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This may be the simplest pasta recipe ever but it doesn't scrimp on flavour. And it only dirties one pot so it's basically perfection in the form of dinner.

**Ready in**
Prep time: 30 minutes
**Serves 4**

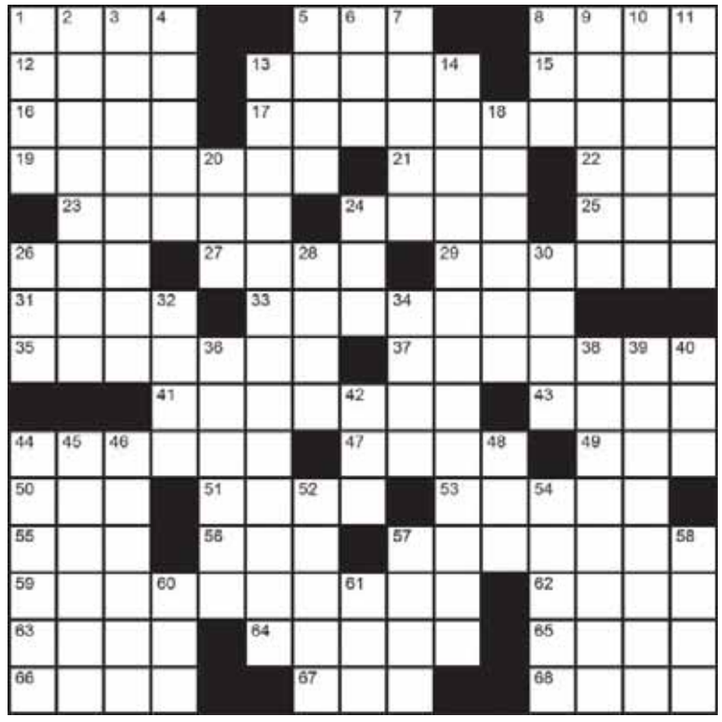
**Ingredients**
- 1 Tbsp olive oil
- 4 skinless, boneless chicken breasts, cubed
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- 1 x 28 oz can of whole tomatoes
- 1 cup water
- 225 grams of dried pasta
- Salt and pepper to taste
- 1/2 cup mozzarella

**Directions**
**1.** Warm up your olive oil in a large, deep skillet over medium heat. Brown the chicken (you may need to work in batches).
**2.** Once all the meat is nicely browned (but not cooked through), add the garlic, thyme and mushrooms and let them soften up and kick off their juices. Now add the wine and/or stock, water and tomatoes. Break the tomatoes up with the back of a wooden spoon.
**3.** Bring the sauce to a bubbly simmer and add your pasta. As the pasta softens up in the heat, push it under the liquid. Depending on which pasta you're using it will take about 15 to 20 minutes. Taste and check seasoning.
**3.** Top with a big handful of mozzarella.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. A few
5. Set-__ (Arguments)
8. Sailboat part
12. Division
13. Mr. Fiennes of flicks
15. Regarding: 2 wds.
16. Mr. Voisine, Canadian singer
17. As per #41-Across... Is an alumnus of The Second City comedy troupe
19. Touch up/intensify
21. Boucherville buddy
22. 'Tsar' suffix (Russian empress)
23. Showbiz personality Ms. Shore
24. Perfectly, to __
25. Luba of "Royal Canadian Air Farce"
26. Zig's pal
27. Calligrapher's props
29. J.R., Sue Ellen and Bobby
31. Classic range cookers
33. Observes
35. Flamboyance
37. Like a not-erupting volcano
41. "Cityline" guest expert Ms. Smith (More at #17-Across and #14-Down!)
43. TV fuzz
44. Apple drinks
47. Care-_-__ (Care Bears home)
49. Dove's patter
50. Egg mass
51. Mormon Tabernacle Choir's state
53. Canadian singer Ms. Ord
55. Halifax's famous madam Ms. McCallum (b.1909 - d.1986)
56. Roman sun deity
57. Witty comeback
59. Triumphant
62. Use a wooden spoon
63. Strong as __ __
64. Marina vessel
65. Joy of Cooking author, __ S. Rombauer
66. Camp shelter
67. Bering, e.g.
68. Blinkers

**DOWN**
1. Certain
2. People of the Hills... One of the nations of the Haudenosaunee Confederacy
3. Madonna's home state
4. Mr. Hawke
5. Gentle
6. Raine Maida's band [acronym]
7. Mother Goose guy Jack
8. Avril's follower
9. Allocate
10. Dictation-taker, for short
11. Not yet tomorrow's
13. Like Canada's storied past: 3 wds.
14. Profession of #41-Across: 2 wds.
18. TV show fan
20. Book publisher, __ A. Talese
24. Prince Edward Island hrs.
26. Handle a laser
28. Second __ War (1899 to 1902 conflict)
30. Belief systems
32. Equivalent
34. Variant-spelled pastoral poem
36. Legendary tenor Enrico
38. Genealogist's specialty
39. Midday
40. One-plus-One
42. Sixth music syllable, variantly
44. Dapper piece of neckwear
45. Scrape application
46. Cleric with a wooden bench
48. Dance style
52. __ Grace (1996 Margaret Atwood novel)
54. Actress Ms. Perez
57. Industrial region of Germany
58. Ages
60. 'Plain' computer file extension
61. Calendar mo.

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
Someone you have always thought of as a rival will surprise you today by saying something that makes you feel good. Is it some kind of trick? No it is not. They really do want to be nice to you. Be nice in return.

**Taurus** April 21 - May 21
What happens today will convince you that what you've been working on is not what you should be doing. Now you're free to pursue something that is much more true to you.

**Gemini** May 22 - June 21
This is a good time for relationships, especially those that come from the heart. Today, give everything you have got and you will get it back in multitudes.

**Cancer** June 22 - July 23
If someone you thought you could trust has been telling tales about you behind your back then by all means cut your links with them. But make sure you know all the facts first.

**Leo** July 24 - Aug. 23
Do only what you want to do. The Sun in Sagittarius at this time of year means it's so easy to have fun, so get out and about, see and be seen and do something truly amazing.

**Virgo** Aug. 24 - Sept. 23
Important people are watching you and they will like what they see. They will like it even more if you give the impression that you are a team player and not just someone who is in it for themselves.

**Libra** Sept. 24 - Oct. 23
Your confidence will soar over the next few days and with both Mars and Venus moving through your sign a breakthrough of some kind cannot be far away.

**Scorpio** Oct. 24 - Nov. 22
If you get more than you deserve there's a cosmic reason for it. Could it be you did a favour for someone earlier in the year and, being the modest person you are, forgot about it? The universe never forgets.

**Sagittarius** Nov. 23 - Dec. 21
Ignore those who seem to enjoy preaching doom and disaster. Be positive and hope that your can-do attitude rubs off on those who seem to enjoy being negative.

**Capricorn** Dec. 22 - Jan. 20
The more you have been frustrated in the past the more you will enjoy yourself now. Appreciate your moment in the spotlight but remember: modesty is always attractive — and less likely to make you a target!

**Aquarius** Jan. 21 - Feb. 19
If you want to make a name for yourself it won't be too difficult. Today's Mars-Saturn link will bring out your ambitious side. You're on your way to the top.

**Pisces** Feb. 20 - March 20
Everything you believe in is being put to the test. It may be a painful process but it needs to happen so that you can reach a better understanding of who you really are.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | | 1 | | 4 | | 9 | | 2 |
| | | | 1 | | | | | |
| | 6 | | | | | | 7 | |
| | | | 3 | | 2 | | 5 | |
| 9 | | | | | | | | 8 |
| | 7 | | 8 | | 6 | | | |
| | 5 | | | | | | 1 | |
| | | | | | 7 | | | |
| 2 | | 4 | | 8 | | 7 | | 6 |

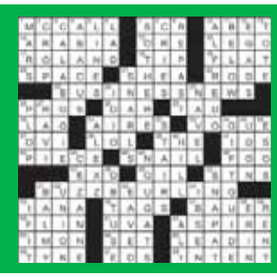
©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

**for more fun and games go to metronews.ca/games**



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 4 | 1 | 2 | 8 | 7 | 6 | 9 | 5 |
| 5 | 8 | 6 | 9 | 4 | 1 | 2 | 3 | 7 |
| 2 | 7 | 9 | 6 | 3 | 5 | 8 | 4 | 1 |
| 6 | 3 | 4 | 8 | 1 | 9 | 5 | 7 | 2 |
| 8 | 9 | 2 | 5 | 7 | 4 | 1 | 6 | 3 |
| 7 | 1 | 5 | 3 | 6 | 2 | 9 | 8 | 4 |
| 9 | 5 | 8 | 4 | 2 | 3 | 7 | 1 | 6 |
| 1 | 6 | 3 | 7 | 5 | 8 | 4 | 2 | 9 |
| 4 | 2 | 7 | 1 | 9 | 6 | 3 | 5 | 8 |

CHEVROLET

# BLACK FRIDAY EVENT

**NOVEMBER 13–30** **HURRY IN BEFORE THEY'RE GONE**

**GET 20% OF MSRP CASH CREDIT** ON SELECT 2015 MODELS IN STOCK THE LONGEST.[1]

**= UP TO $11,005** CASH CREDIT ON SILVERADO LD CREW LTZ 4X4

*ON SELECT*

2015 SILVERADO

**E.g. 20% = UP TO $11,005 CASH CREDIT**
ON SILVERADO LD CREW LTZ 4X4
$55,025 MSRP

*ALL REMAINING*

2015 CAMARO

**E.g. 20% = UP TO $9,580 CASH CREDIT**
ON CAMARO 2SS AUTO W/ RS PACKAGE
$47,900 MSRP

*ALL REMAINING*

2015 SPARK

**E.g. 20% = UP TO $3,449 CASH CREDIT**
ON SPARK 1LT CVT
$17,245 MSRP

*ALL REMAINING*

2015 SONIC

**E.g. 20% = UP TO $3,899 CASH CREDIT**
ON SONIC LT AUTO
$19,495 MSRP

*ALL REMAINING*

2015 CRUZE

**E.g. 20% = UP TO $4,764 CASH CREDIT**
ON CRUZE LT W/ REMOTE STARTER
$23,820 MSRP

*ALL REMAINING*

2015 MALIBU

**E.g. 20% = UP TO $5,751 CASH CREDIT**
ON MALIBU LT W/ CONVENIENCE PACKAGE
$28,755 MSRP

*ON SELECT*

2015 IMPALA

**E.g. 20% = UP TO $7,410 CASH CREDIT**
ON IMPALA 2LT W/ PREMIUM SEATING, SAFETY & CONVENIENCE
$37,050 MSRP

*ALL REMAINING*

2015 TRAX

**E.g. 20% = UP TO $5,242 CASH CREDIT**
ON TRAX 1LT AWD
$26,210 MSRP

*ON SELECT*

2015 EQUINOX

**E.g. 20% = UP TO $6,354 CASH CREDIT**
ON EQUINOX 1LT AWD
$31,770 MSRP

*ON SELECT*

2015 TRAVERSE

**E.g. 20% = UP TO $8,193 CASH CREDIT**
ON TRAVERSE 1LT AWD TRUE NORTH EDITION
$40,965 MSRP

**CHEVROLET.CA** / **FIND NEW ROADS**

**ALL 2015'S COME WITH CHEVROLET COMPLETE CARE:** **2** YEARS/40,000 KM COMPLIMENTARY OIL CHANGES** / **5** YEARS/160,000 KM ROADSIDE ASSISTANCE▲ / **5** YEARS/160,000 KM POWERTRAIN WARRANTY▲

CHEVROLET

Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

**For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE.** 1Applies to oldest 15% of dealer inventory on Impala, Equinox, Traverse, Silverado LD Crew and Silverado HD Gas models as of November 10, 2015 and all remaining 2015 Spark, Sonic, Cruze, Malibu, Camaro, Trax and Silverado Double Cab. Valid November 13 2015 – November 30, 2015 on cash purchases of select vehicles from dealer inventory. Not compatible with special lease and finance rates. Credit is tax exclusive and is calculated on vehicle MSRP, excluding any dealer-installed options. By selecting lease or finance offers, consumers are foregoing this cash credit which will result in higher effective interest rates. Dealer may sell for less Offer may not be combined with certain other consumer incentives. GM Canada may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details. 1/*** Air levies included. Freight & PDI ($1,695/$1,600/$1,600/$1,600/$1,650/$1,650/$1,650/$1,650/$1,650/$1,650), registration, tire levies and OMVIC fees, insurance, licence, PPSA, dealer fees and applicable taxes not included in 20% offers. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 KMs, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details